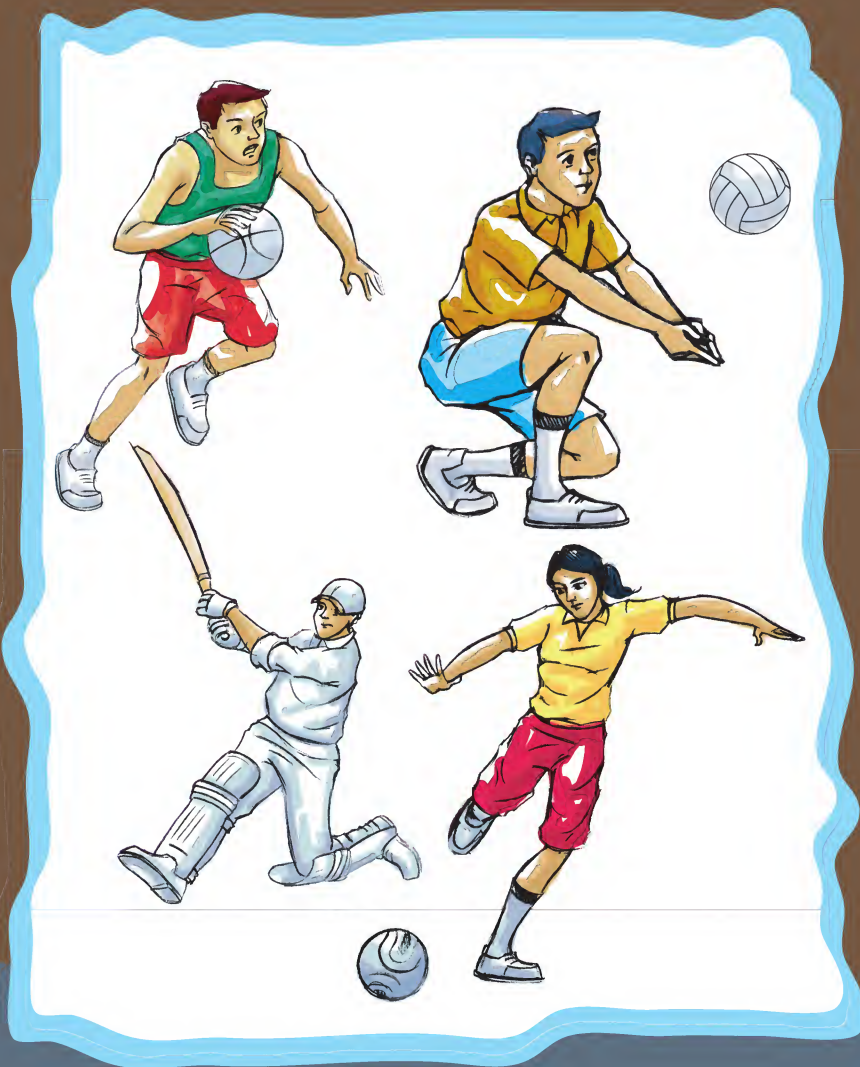


Physical Education and Health

Class Eight



NATIONAL CURRICULUM AND TEXTBOOK BOARD, BANGLADESH

**Prescribed by the National Curriculum and Textbook Board
as a textbook for classes eight from the academic year 2013**

Physical Education and Health

Class Eight

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PREFACE

The aim of secondary education is to make the learners fit for entry into higher education by flourishing their latent talents and prospects with a view to building the nation with the spirit of the Language Movement and the Liberation War. To make the learners skilled and competent citizens of the country based on the economic, social, cultural and environmental settings is also an important issue of secondary education.

The textbooks of secondary level have been written and compiled according to the revised curriculum 2012 in accordance with the aims and objectives of National Education Policy-2010. Contents and presentations of the textbooks have been selected according to the moral and humanistic values of Bengali tradition and culture and the spirit of Liberation War 1971 ensuring equal dignity for all irrespective of caste and creed of different religions and sex.

The present government is committed to ensure the successful implementation of Vision 2021. Honorable Prime Minister, Government of the People's Republic of Bangladesh, Sheikh Hasina expressed her firm determination to make the country free from illiteracy and instructed the concerned authority to give free textbooks to every student of the country. National Curriculum and Textbook Board started to distribute textbooks free of cost since 2010 according to her instruction.

The subject **Physical Education and Health** is developed on the basis of the philosophy of sound health and fresh mind. Basically it is a practical oriented subject. So it has been tried to co-orient between the theoretical part and the practical part for learning practically and also for life-oriented and realistic education. Student will achieve clear idea about their health care, knowledge of nutrition, personal security and reproductive health. Learners will be conscious about the dreadfulness of drug addiction, AIDS and therefore they will be free from all these. Besides, they will be able to develop themselves to be a healthy and active citizen by learning the rules and regulations of different kinds of physical exercises and games and sports.

I thank sincerely all for their intellectual labor who were involved in the process of revision, writing, editing, art and design of the textbook.

Prof. Narayan Chandra Saha
Chairman

National Curriculum and Textbook Board, Bangladesh.

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Chapter One

Physical Exercise and Healthy Life

Everybody expects a sound life. Good health is essential for a sound and happy life. We take different types of exercise to attain physical ability. Physical exercise can be done alone or in a group. This exercise develops both mind and body together. Everyday regular exercise redetermines body structure and strengthen it. But living cells do not get enough time to reduce its decay due to at a stretch exercise. Then we become tired. To recover this decay and also to rejuvenate the inspiration for work it is necessary to take full rest. After taking rest, the damaged living cells return to its previous condition. Besides, the tiredness of body and mind is also removed. Sleep gives rest to our body and mind. In fact, sleep gives rest to our brain. Sound sleep keeps our body and mind fresh. For good health we take various types of exercise which may be with instruments without instruments. Besides, we perform one of the best examples of "Bratachari Dance" physical exercise through the folk songs of different regions. These types of physical exercise help the players to enjoy both pleasure and mental recreation along with physical fitness.



Group Exercise

At the end of this chapter we will be able to -

- analyze the influence of exercise to build sound body;
- take right decision on which exercise to be effective as per proper rules and schedule;
- develop co-operative attitude in everyday life;
- explain the necessity of rest, sleep and recreation for physical fitness;

- explain the importance of rest and sleep as per age;
- exhibit physical exercise through "Bratachari Dance";
- practice the suitable exercise in proper method.

Lesson- 1: Impact of exercise on sound health:

Exercise is the main means of good health. A man cannot expect good health without exercise. Exercise and sports not only help develop physical growth but also cause mental development. Because without mind, body cannot move alone. Body is the nest of mind. So, 'a sound mind, in a sound body' is accepted in the society as an established proverb. Each of the organs of the body can be developed through physical exercise. But it is to know how a mind develops. Psychology is a science. It deals with mind and the mind works through the nervous system. Within the body there are many important organs like: heart, brain, lungs, liver, kidney, stomach, pancreas, spinal cord etc. Among these brain is more vital.

Various organs of the body work in their respective area. But if there is no co-ordination among these organs, body becomes inactive. All these organs of the body work with the help of central nervous system. Exercise causes harmonious development of these organs. But the activities of this type of exercise are done according to age and gender difference in right method and standard. With the growth of the physical organs of the children, the types of physical exercise should be changed. With the increase of age, the schedule of exercise gradually gets harder and developed.

Task-1 : Make a list of the benefits of exercise in groups and present it in the class.

Lesson -2 : Exercise without equipments :

Exercise which is done without equipments is called exercise without equipments. In the term of gymnastics it is called "free hand exercise". To attain particular object exercise is done with equipments.

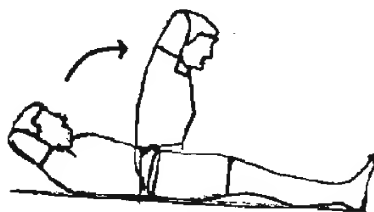
1. Speed Exercise.

The exercise which is done to accelerate the speed of body is called speed exercise. In the beginning body needs to be warm up by running slowly.

Later, when the organs of the body become fit for exercise by doing various types of exercises, to accelerate the motion it is needed to run fast in the small range again and again. For example a line should be given 25 meters away. From the starting point to that line it is needed to run in full swing. After coming back from jogging a person has to run fast. In this way when we do not stop during the whole time of exercise, it is called speed exercise. That means, we have to continue exercise so long as we are involved in taking exercise.

2. Abdominal Exercise:

The exercise for lower part of belly is called abdominal exercise. When some exercises are done to reduce the fat of the lower part of the belly only, it is called abdominal exercise such as sit up, sit up bending knees, two legs keeping high in the air etc.



Sit up

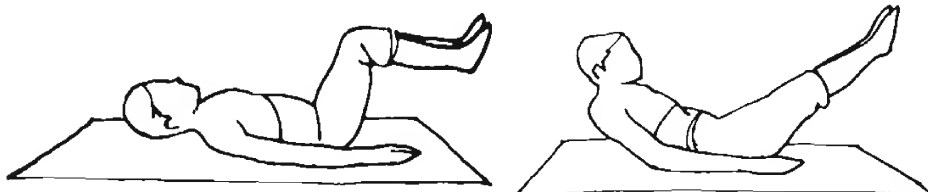
A. Sit up: Lying on the back two hands are to keep under the head and two legs are to keep straight together. Then keeping the head high we should bend the body forward as much as possible. In this way body should go up and down one by one. To do this exercise knee cannot be bent.

B. Sit up bending knees: The position of the body will be like sit up and only bending knees the upper part of the body is to keep high and down. The more sit up is done in this way, the more it will be effective.



Sit up bending knees

C. Two legs keeping high in the air: Lying on back and keeping two legs 8" high in the air together. Try to keep it for a minute. It is to do time and again in this way. These exercises reduce the fat of lower abdomen. Besides combined exercise, chin-up, push-up, jumping over the back, medley-relay all these included in exercise without instrument.



Two legs keeping high in the air

Activity-1 : Explain the necessity of exercise without instrument in everyday life .

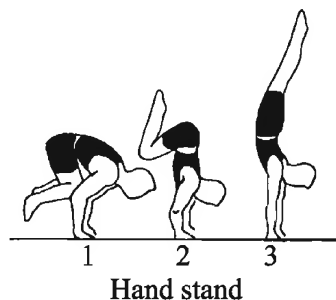
Activity-2 : Demonstrate speed exercise in the field.

Activity-3 : Show abdominal exercise in practice.

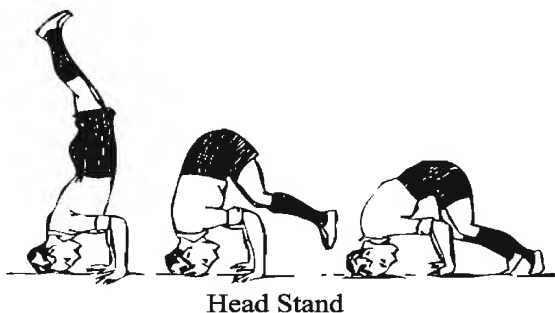
Lesson- 3: Hand stand and Head stand:

If these two exercises belong to free hand exercise, no instrument is necessary to do these exercises. These exercises can be performed on the ground.

A. Hand stand (To stand supporting on hands): Keeping the hands and the palms of two hands straight along with shoulder put them on the ground. Two legs are to be kept forward and backward a little. At first the leg in the backward is to raise high and another leg is to keep high to make the two together. Try to keep your knee and flat of the legs straight above the head along with waist. Do not bend elbow by any means. Try to practice this exercise with the help of an assistant in the beginning. Then, without the help of assistant, try to keep practising this exercise gradually.



B. Head stand (To stand supporting on head): Keep your forehead forward a little and touch the floor with the palms of the hands along with shoulder. Make the palms of the two hands and forehead like a triangle. Now keep two legs high drawing your waist forward. Keeping two legs straight make the front part of the legs pointed. Keep equal pressure on both hands and forehead. While standing keep your head inside and dive forward.

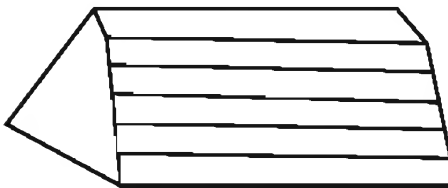


Activity-1 : Explain the technique of hand stand.

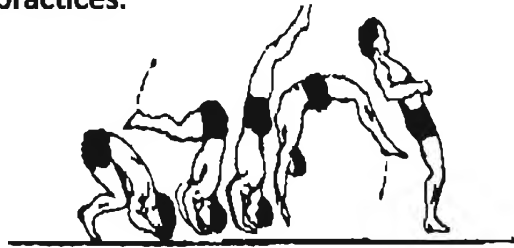
Activity-2 : Demonstrate hand stand in the field.

Lesson- 4: Educational Gymnastics:

To do exercise of different organs of the body freely sitting on mat is called educational gymnastics. According to the age and gender of the learners the activities of exercise should be determined. Before doing this sort of exercise body needs to be warmed up sufficiently. It is necessary to inspect the field and examine the equipments for exercise minutely before starting exercise so that their may have no possibility of any accident. An assistant should be kept so that no accident can happen during practices.



Vaulting box



Head spring

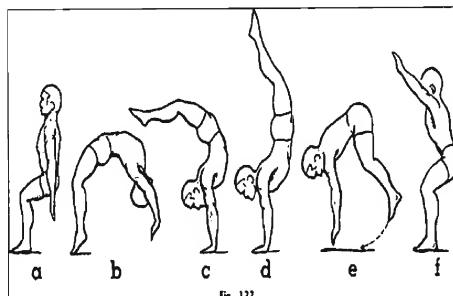
1. **Head spring :** According to the height of the learners the height of the vaulting box should be fixed. A mat will be kept behind the vaulting so that no one can get pains during falling down. There will be an assistant. He will help him sitting at the end of the box. A learner has to come running from 15-20 feet away. Keeping two hands on the box and also touching head to the box it is to create pressure in the two hands and joining the legs together it is to land. As touching head this exercise is done, it is called head spring . When any one pushes with hands, the assistant will help him if it is necessary. Because if hands slip, head can fall down to the ground and it may cause serious accident. In this way one by one will practice this exercise running in rows.



Neck spring

2. **Neck spring:** Neck spring is also to be done on the vaulting box. Everything is like head spring. This time neck is to be touched to the vaulting box instead of head. Running slowly from short distance keeping neck on the box it is to land creating pressure on two hands.

- 3. Hand spring:** Instead of doing head spring on the box it is to do on the ground. During hand spring form 4-5 feet away taking two or three steps touch two hands on the ground and stand straight turning back after pushing on the ground. As it is to rise up pushing on the hands, it is called hand spring.



Hand spring

Activity- 1: Show the techniques of head spring .

Activity-2 : Show the neck spring by practice.

Activity-3 : demonstrate the hand spring techniques.

Lesson -5 : Exercise with equipments :

Doing exercise with equipments for any purpose is called exercise with instruments such as -climbing rope, roman ring, frisby, ball-passing, ball controlling, cycling etc. Roman ring and frisby were discussed earlier in class seven.

- 1. Climbing rope:** Climbing up with rope is called climbing rope. The rope that is used during this exercise can not be either too thick or too thin. If it is too much thick, it is difficult to catch, if it is too much thin you may get pains in your hands. Sticking rope to the branch of any tree and to hang with it and to climb up with it is called climbing. If it is difficult to climb up in the beginning, it is to give knot in the middle of the rope so that you can climb up holding the knots. This kind of exercise increases the strength of hands.
- 2. Ball Passing:** Players will stand up in some rows according to their number. Equal number of players will be there in each of the row. Every player will stand up with astride position. The front row player will have the ball. He/She will pass the ball in between their legs backwards as soon as the signal is given. In this way ball will go to the last player of the row. With the end ball passing, ball will come to the front over the head. The row which will complete passing the ball first will be the winner.

Activity -1 : Show the techniques of climbing rope.

Activity-2: Exhibit the techniques of ball passing being in group .

Lesson -6: The necessity of Rest, Sleep and Recreation

Our mind does not keep well if our body is unwell. As a result, no work is done perfectly. To perform any job perfectly and to lead our life comfortably, it is necessary to keep us sound in health. We cannot keep our body sound only by doing exercise. As we have the necessity of food and water in our body, we also have the necessity of rest and sleep as well. There is the necessity of rest of body and mind and also sleep after exercise for keeping good health. Our body gets exhausted after movements, works and exercise and life cells of our body also start decreasing. Then we become tired. To keep decreased life cells return in the previous state rest is a must. By taking rest we can wipe out tiredness and exhaustiveness of our body. If the environment for rest and sleep is quiet and isolated, it is good to improve mental development. During sleep all the organs of the body remain static in full rest and the breathing and digestive activities keep going in a disciplined way. Recreation is also a means to keep the body sound along with rest and sleep.

When a man passes his time with spontaneous joy then it is called recreation, sports is a source of recreation. There are many other arrangements for recreation except the recreation in sports in the society. They are- recreation by travelling, enjoying by cinema, Tv drama, entertainment through picnic, reading books and gossiping etc. The eagerness and thoughts of the people of the society being different, the tradition of recreation is also different. The recreation through which we can learn something is called educative recreation .For example:

- 1. Reading educative books:** By reading different types of book the learners can acquire knowledge. What sort of books a learner will read depends on the learners' own personal interest. Some read books of story, some books on religion, some like to read novels or sports magazine and earn knowledge.
- 2. Through the programmes of TV and Computer:** Various kinds of educational programmes are telecast in computer and television. At present watching these programmes the learners earn knowledge and enjoy recreation. The learners also can get pleasure by watching sports, enjoying magazines, debate programmes in TV and playing various types of games in computer.

3. **Recitation and Music:** It is noticed that many families have the tendency to spend their leisure time by reciting poems and practising music. Besides in educational institutes many learners take the opportunity to manifest their talent and enjoy recreation by participating in cultural programmes and music.
4. **Travelling:** During the vacation of the education institutes or after the examination many prefer visiting their relatives and the worth seeing places. Some also go to various historical places both home and abroad for travelling. Sometimes all the members in a family together of classmates and teachers can go for picnic in the spots famous for natural beauty, sea-beaches, historical attractive spots. Visiting these places the learners acquire knowledge with recreation.

Activity-1: Describe the necessity of sleep and rest.

Lesson-7: Requirement of rest and sleep according to age and physical formation:

The requirement for rest and sleep differs on the basis of age and physical formation. Those who are children they have different requirement for sleep. The requirement for rest and sleep for the teenaged is different. Thus, there are differences in the requirement of rest and sleep of the youth and the adult. The childhood is the period to grow up. At this stage a child grows physically and his mental development is also done and this makes him/her interested for studies. It is necessary to provide the children with sports opportunities. After games and sports taking rest for sometimes removes physical tiredness. The children who get over physical development they become tired after a little physical exhaustion. They need sleep much. Generally, the tiredness of a child is removed after taking sleep for 9-10 hours. A chart of sleep as per age is given below :

1. Age between 5-7 years requires sleep for 10-11 hours.
2. Age between 8-11 years requires sleep for 9-10 hours.
3. Age between 12-14 years requires sleep for 8-9 hours
4. Age above 15 years requires sleep for 6-8 hours.

Advice should be given to sleep and to get up on time as per the chart mentioned above.

Activity-1 : Discuss the requirement of sleeping of learners of different ages.

Activity-2 : Make a chart according to age and hang it in the classroom.

Lesson- 8 : Brotochari Nritya (Folk dance):

Everyone likes to express his/her mind with the rhythm of songs through dance. Physical exertion and gesture can be done easily with pleasure through our traditionally popular folk dance. Stick dance is one of the most popular folk dances in Bangladesh. Under the supervision of the teachers the students can practise this dance easily. Various types of physical exertion and mental pleasure are done by it.

Lori dance:

Place - Play ground, Instruments: a bamboo stick and a drum.

Musical measure: jha, jha, jha, jha ta ta.

Lori dance has several stages. They are-

- a. Hoshiar Position, b. Act of pacing, c. Nouka baich, d. Shokha, e. Manush Pota, f. Bijoy.
- 1. Hoshiar Position (Caution position) :** The players will stand straight taking sticks in their left hand. They have to catch hold the end of the stick leaving 7" - 8" of it. The ending side of the stick will be fixed to the ground i.e. to be ready to perform further activities.
- 2. Act of pacing:** The players in even numbers will stand in two files or lines. With the musical rhythm the files will come back to the starting point doing double march.
- 3. Nouka Baich (Boat Racing) :** Start beating the drum with the first signal. With the second signal catching the end of the stick the players will turn it to back at a stretch. Create pressure catching hold of the lower end of the stick. With the third signal jump a little bit keeping left leg forward and keep right leg back. The body will bend a little forward, bending the knee a little also. With the 4th signal, it is to move forward and backward with two legs, like a boat swaying. With the 5th signal, after reaching the fixed line it is to come back to the previous place. With the 6th signal coming to the

starting line it is to keep dancing. With the 7th signal stop dancing. With the 8th signal keep the stick in the previous caution position drawing the stick from the back.

4. **Shokha (Intimate Dance)** : With the 1st signal the players with right hand will hold on the edge of the stick of left hand and will draw out it at a stretch and stand keeping it on knee. With the 2nd signal, raise your left hand high with the stick and look at it. Keep your right leg across left leg with the 3rd signal and all groups in this way will move forward. After reaching the fixed place all groups will turn back and come back dancing to the previous place. With the 4th signal, they will stop dancing. With the 5th signal, they take caution position.
5. **Manush Pota (To bury a man)** : With the 1st signal, the students, will hold the edge of the stick and drawing its head they will keep it like a pen on the back. With the 2nd signal, they will turn the right leg to left and then keep bending body forward. The beat of the hands and legs will be done together. In this way, make a circle by dancing. The number of circle will be as per the number of groups. With the 3rd signal, they will stop dancing. With the 4th signal, turn the stick and keep it on the back of your body i.e. it is to keep on the back. Keep high your right hand with the stick all along the ear.
6. **Bijoy (Victory dance)** : Bend your head forward a little to the underneath with the 1st signal and keep dancing in this way. On the 2nd signal, turning to the left keep dancing. Stop dancing with the 3rd signal. With the 4th signal, every one will take a jump and stand turning to the right. With the 5th signal, keep the stick to the caution position.

Songs of the stick dance :

Chal	Kodal chalai
Bhule	Moner balai
Zhere	Olosh mejaj
Hobe	Sorir jhalai
Joto	Bedhir balai
Bolbe	Palai palai
Pete	Khider jalai
Khabo	Khira malai

Besides, there are many folk songs by which we can enjoy pleasure through

physical exertion. Such as- Jari, Sari, folk etc. Sample of some folk songs has been given below:

1. Jari Song :

Are-e bhalo bhalo bhalo-re bhai
Are-e O—O aha besh bhai
Amra Allar namti loaia-re bhai
Amra naicha naicha sobai jai
Ar-e shone kan shone kan Momin bhai
Amra bea-dopir mapti chai

2. Sari Song

O—Kaie dhan khailo- re
Khedanor manush nai
Khawar belai asche manush
Kamer belay nai
Kaie dhan khailo- re
Or-e hath pawo thakite tora
Olosh hoe-a roi-le
Kaie na khedai-e tora
Khai-ber bosile
Kaie dhan khailo- re
Ore - O- parate pata nai puta nai
Morich bat-e gal-e
Tara khailo taratari
Amra mori jhal-e
Kaie dhan khailo- re

Group Activity-1 : Some learners will exhibit lori dance in the field.

Exercise

Multiple Choice Questions

1. **Which exercise does require equipment ?**
 - a. head stand
 - b. hand stand
 - c. head spring
 - d. hand spring
2. **Which exercise does require an assistant ?**
 - a. head spring
 - b. hand spring
 - c. hand stand
 - d. head stand
3. **Who require the highest amount of sleep ?**
 - a. children
 - b. teenagers
 - c. youth
 - d. aged people
4. **Which part of body lose fat due to abdominal exercise ?**
 - a. arms
 - b. thigh
 - c. rump
 - d. lower abdominal
5. **Which one of the following plays the main role to function The daily exercise effective?**
 - a. rest and sleep
 - b. recreation
 - c. games and sports
 - d. fresh environment
6. **Which is the main aims of physical fitness ?**
 - a. regular exercise
 - b. balanced food
 - c. financial solvency
 - d. regular medical treatment

Read the following stem and answer question 7 and 8

Medha is a student of class eight. Her mother takes drowsy Medha to school at 7.00 O'clock in the morning. She has to do singing, drawing, reading, arabic and home work after returning from school. It becomes 11.00 P.M. to go for sleeping. Thus after some days, Medha falls sick. Due to lack of opportunity of interaction with others, studies become boring to her.

7. **The reason of education being boring to Medha is -**
- i. unawareness of parents
 - ii. doing more physical work in regards of age
 - iii. Textbook content being difficult

Which one of the following is correct?

- a. i and ii
- b. ii and iii
- c. i and iii
- d. i, ii and iii

8. Which can increase physical ability of Medha?

- a. nutritious food
- b. necessary rest and sleep
- c. regular physical exercise
- d. games and sports with classmates

Read the following stem and answer question 9 and 10.

Due to the increase of fat Head Teacher Mr Jamal performs a kind of physical exercise taking consultation from physical education teacher. As a result, his fat decreases well. Now staying more time in school, he feels spontaneity in all activities including classroom monitoring of the teachers.

9. What type of physical exercise did Mr Jamal perform ?

- a. speed exercise
- b. abdominal exercise
- c. educational gymnastics
- d. exercise with equipment

10 How did that exercise become useful to Mr Jamal?

- a. increases hand strength
- b. increases leg strength
- c. physical work ability increases
- d. strength of abdominal muscle increases

Short answer question:

1. Proper rest and sleep helps to remain fit. - Explain.
2. "Sound mind in a sound body" - Explain the speech
3. Abdominal exercise mainly helps to increase the speed of the body-give opinion.
4. Chaotic environment hampers the flourishment of soundness of body and mind-explain.
5. Joto bedhir balai
Bolbe palai palai - how? Explain

Chapter Two

Scouting, Girl Guiding and Bangladesh Red Crescent Society

Scouting and girl guiding are international, world wide, non-political social service oriented youth movement. Almost all over in the world in every country, the scouting and girl guiding activities are introduced. One of the British army officers Lieutenant General Robert Stephenson Smith Lord Baden Powel at that time introduced Scouting in 1907 and girl guiding in 1910. After the liberation in 1972 Bangladesh Boys scouting was formed. At present both girls and boys take part in scout. This is why it has been renamed as Bangladesh Scout Samity. It achieved the approval of international Scout Samity in 1974. Red Crescent movement is one of the international humanity movements, through which they are working for human life and good health irrespective of cast, creed, race and religion. What is girls guiding and scouting, its history, main principles, oath, aims and objectives and its activities have been discussed in the book of previous class.



Membership Badge



Tenderfoot Badge

Youth movements for human service

At the end of this chapter we will be able to -

- describe the rules of projector and hiking;
- explain the importance of scouting, girl-guiding and Bangladesh Red Crescent Society in leadership and human services;
- acquire knowledge, showing respect to others during scouting, girl guide activities and Bangladesh Red Crescent Society;
- explain the first aid and its influence;
- describe primary treatment of small injury in daily life.

Lesson-1: To prepare project and hiking:

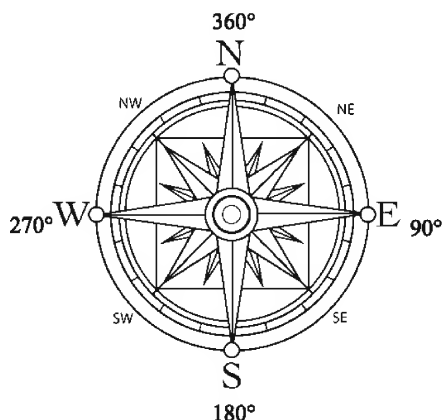
The meaning of hiking is travelling with some purposes. The scout and girl guide will set on foot to travel fixed destination by following present directions. During travel they will observe the environment and study nature. Generally one or two persons or even a sub group can take part in a hiking programme. They can pass a day or night or more than one day and night in hiking. Making barrier or station, hiking girl guide training can be practised during hiking. Through hiking particularly study of nature, drawing maps, study the track sign, setting of compass and its reading, preparation of the field book, code and cipher, social survey, cooking and other things all there can be taught and practised. To reach the liking place, placing the tent, cooking, eating, social survey, campfire, sleeping and at the time of leaving the camp site, farewell call to the owner of the land and report to the camp after returning from hiking.

Hiking is laborious and difficult task yet very enjoyable and essential for good physique. It is an exciting and recreational activity and very much educational. Through this activity the scout and girl guider enjoy the natural beauty and makes a mind broad.

Lesson-2: Compass:

Compass is direction- determining device. Compass has a hand. Whatever direction does the compass face, the hand will always face the direction 'north'. In the unknown places or in the darkness on night, some one who loses direction, the compass shows the correct direction.

Mapping: Which reaching the certain spot of hiking, mentioning everything that some one sees and passes behind of either side is mapping of hiking. It does not require to draw map while on the road. Precise detail description of number and distance like school, mosque, market, forests, pond, pacca-roads, high-places etc will be written in the field book of scout and guide. Later they will write detail description and draw map coming back to the camp.



Picture of compass

Petrol system and Programme preparation:

Petrol system:

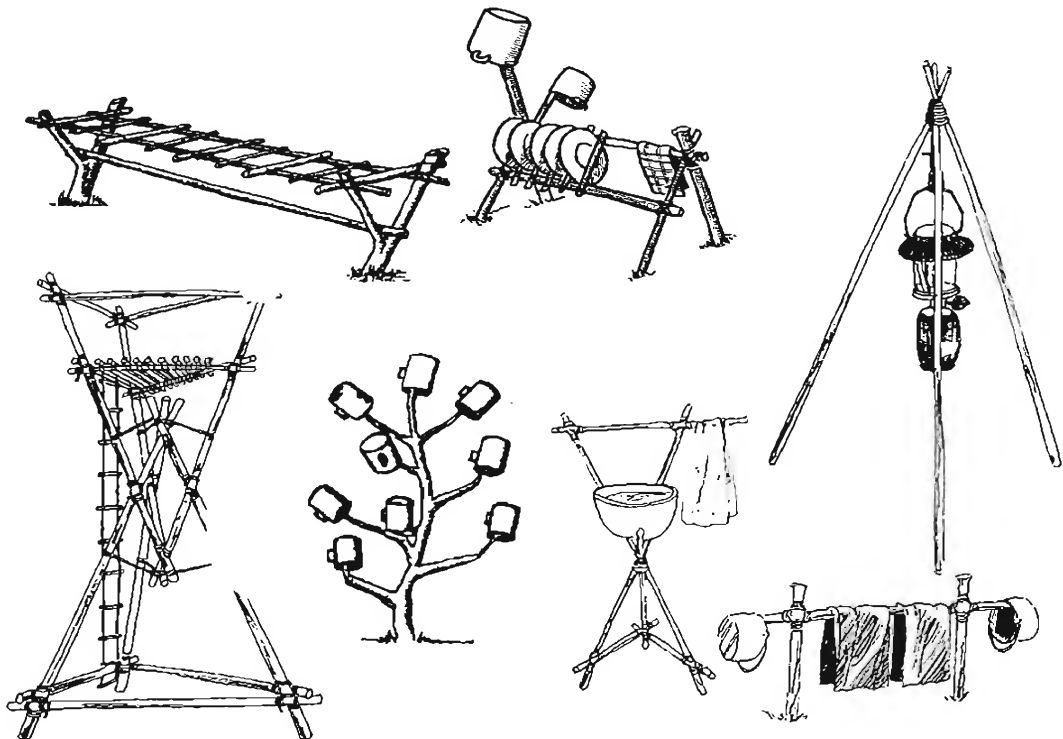
Lord Baden powel first introduced petrol system in India. Firstly he taught scouting to the young soldiers in petrol system. Then this system was introduced among all scouts and guides all over the world. The main objective of petrol system is to make the girls conscious about their own responsibilities. Each guide or scout can put forward it's opinion to company level in this system and they can implement planning, and supervise company activities according to the benefit of their own petrol.

Preparation of Programme: The standard of hiking completely depends on planning. The programme should be prepared following the decision of petrol meeting taking in view the experience of hiking. The petrol leader has to prepare the hiking programme with the recommendations of group council (scout or guide) according to the decision of Parisad. At this stage, the permission of Thana Scout or Guide Commissioner is essential.

1. Before the final preparation of the programme, work schedule of all should be reviewed or examined and necessary addition and alternation should be made accordingly.
2. At the time of site selection, the unit leader has to be considerate about distance, communication, arrangement of water, closeness of market, medical facilities, suitable natural environment and alternate arrangement during inclement weather.
3. The unit leader will make the training schedule before hand and procure the training equipments.
4. Permission of the owner of the selected site or head of the institution and consent of the guardians of the scouts / guides.
5. During health check the weaker are to be dropped.
6. A date is to be fixed as to when and what date it will start, how many days it will be continued, when it will come to an end.
7. For implementation of the work scheduled, a budget is to be prepared. In the budget, a policy of the thrift should be followed.
8. Required numbers of trainers, quater masters, first aider, and sanitary observer etc are to be engaged.

9. Dry fire wood and balanced food items are to be procured as per budget.
10. Sanitation system should be taken care earlier.
11. Ideas of street signaling, compass reading, map drawing and reading, techniques of tent pitching, cooking, swimming, pioneering, first aid, rescue works, guidance of road walking shall be given.
12. It is to walk straight position in scout steps (20 steps walking and 20 steps running). In every two miles a rest for five minutes is to be taken.

At the time of staying in tent gadget shall be built to keep useful material properly. The gadget is made of bamboo, branches of trees, ropes etc. Different types of knot and its correct demonstration with the help of ropes is called pioneering. Present age is a high technological age. So to teach the students we shall use projector for hiking and pioneering. In this system the students will get clear idea about hiking and pioneering.



Picture of Gadget

Activity-1: Prepare the programme of hiking and project.

Activity-2: A scout/guide will make a gadget in the class room with bamboo, piece of wood and with the right use of rope knot.

Lesson-3: Leadership, human service in scouting and girl guiding:

Human being wherever they live, they try to live together. Society is built up in this way. Living in the society is the characteristics of human being. He tries to do good to the society in which he lives. Society can be locality base or village base. Wherever he lives, every one has the responsibility to beautify the environment of the society. For example one pond is clean and another pond is full of water hyacinth. For not cleaning the water hyacinth of the dirty pond, there grows mosquitoes and mosquitoes are harmful to all. If with the help of all people water hyacinth is cleaned from the pond, water of that pond will be clean, fish will be cultivated properly and the growth of mosquitoes will be stopped also. Similarly if the road to the market is broken by rain water or any other reason, with the help of all people the broken roads have to be repaired and made it usable. In this way, by means of small scale development works in society one can make himself prepared for wider service. There are many types of task for developing the society. This type of task is called welfare work. Rendering service is the main motto of scouting and girl guiding. This serving may be self serving, welfare of society and human serving. Self serving means to build one self as a self dependent man. The main aim of self serving is to build himself properly and well-established by labour intelligence and own effort. To serve others large work can not be possible, if one cannot be self dependent. So one has to make himself in that way. The scout and girl guide can sacrifice his/her life for the welfare of the general people. Every scout and girl guide think about family and society as a member of a society. So, they always try to perform their responsibility to his/her mother, brother, father and sister. Beside they engage themselves to serve the old, disabled, autistic children, sick and helpless people of the society. There are some welfare organization serving in the society among them scout and girl guide organization is an ideal organization. They are always ready to show loyalty and respect to the creator, honesty and truthfulness, kindness to animals, thought, awareness and dutifulness. Main motto of scout and girl guide is always 'Be prepared' Each scout and girl guide will remain prepared always for good works and to help others. "Soda prostitute" its English meaning is be prepared. It means any purpose to perform courageously being determined, with tolerance. Like friends and sacrifice for others. Every day to help any one it is the slogan of scout and girl guide.

In English, do a good turn daily. It is also the characteristics of a scout and girl guide. This slogan is being a part of scout and girl guide promise. So its importance is more. Every day, in several ways, this slogan may be fulfilled.

To write a letter of any one.

To post the letter of any body.

To buy a stamp of any one.

To market of Scout/Guide.

To search for lost things of any body.

To help blind man to cross the road.

To pick up bricks, stone, thorn etc from the road.

To fill up the dig on the road.

To help kids to cross the road.

To bring water of ablution for pilgrim people.

To wash for the mosque.

To show path to a passersby.

To help any body searching a quater.

To stop quarling.

To carry a wounded person to hospital.

To help burying the dead body.

To give first aid to any body.

To help some body to ride on car.

To participate relief activities at the time of flood.

To participate in relief works of flood affected and firing area.

The main slogan of scout and girl guide is to serve the people. In this way by doing works either small or large, leadership quality can be achieved.

Activity-1: Write two service oriented job.

Activity-2: Make a poster of what good works are to be done every day and keep it hang on the wall.

Lesson-4: History and origin of Red Crescent and Red Cross:

A terrible war happened between Austria and France in Salferino of North Italy, 24 June in 1859. Only in this sixteen hours war about forty thousand soldiers were wounded. Wounded soldiers were suffering from pains in deadly condition in the open battle field for lack of treatment. This time a young man of Switzerland, Jin Henry Dunant-for business purpose went to meet Napoleon three in France. He was shocked at the terrible sight in the battle field and calling the village people to serve affected people with the immediate primary treatment and played a vital role saving their life. These people were the first volunteers of Red Cross. Most of them were women. Dunant, wrote a book named a memory of Salferino about frightful and horrible sight of this war and to protect it in 1862. The main message of this book was can't we form such type of serving organization in every country, who impartially will serve the wounded people irrespective friends and foes.

Jin Henry Dunant formed a committee with four Geneva people on 9th February, 1863, which is familiar as 'committee of five' changing this name it become familiar in the name of International Red Cross Committee. In the same year this committee called on an international conference held in Geneva with the representative of sixteen countries. In this conference the best proposal of Dunant was accepted and for this results Red Cross was established. Jin Henry Dunant was born in May 8, 1828 at the town of Geneva in Switzerland and died in October 30, 1910 at the age of eighty two. To show the honour to Dunant his birth day on 8th May is observed as world Red Cross and Red Crescent day.

Basic Principles of International Red Crescent and Red Cross movements: In 1965 at Vienna 20th International Red Cross and Red Crescent conference the following seven fundamental basic principles were accepted :

1. **Humanity:** To help wounded person in the battle field without any discrimination.
2. **Depersonalisation:** This movements help wounded people indipendently over nation, race, religious belief and classes.
3. **Impartiality:** To achieve the confidence and faith of all, this movement does not support any team at the time of war.
4. **Independence:** This movement is impartial. In human servicing work this organization helps the Government according to the rules and resolution of the country.

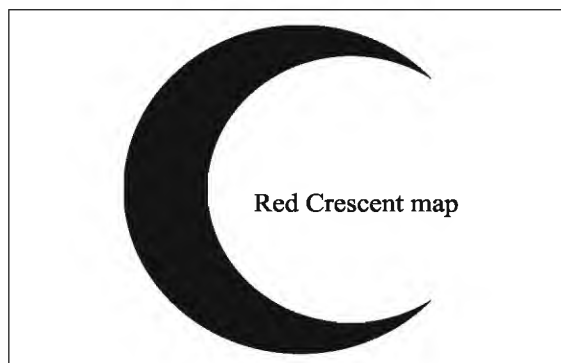
- 5. Volunteer Service:** As a relief base volunteers organization, this movements does not work for any interest.
- 6. Unity:** Every country will have only one Red Cross or Red Crescent society. It's human serving activities will spread out country wide.
- 7. Universality:** Red Cross and Red Crescent is a world wide universal movements which consist of the people of same status and responsible for helping people equally.

Bangladesh Red Crescent Society: After the independence of Bangladesh in December 16, 1971, Bangladesh Red Cross Society was established as an associate organization of govt. relief organization.

Under the ordinance of honorable president of 31st March 1973 Red Cross Society was established on 16th December, 1971 International Red Cross Committee approved the Bangladesh Red Cross Society on 20th September, 1973. At the same time this society acquired the membership of contemporary league of Red Cross. Next time on April 4 in 1988 an amendment order was passed by the president and the name of Bangladesh Red Cross Society was changed to Bangladesh Red Crescent.

The symbol of the Red Cross and Red Crescent: To engage in relief works in the battle field, with medical service of army and their equipments and security as an impartial and differential sign, Red Cross symbol was accepted. To establish Red Cross and Red Crescent movements and remarkable contribution to serve the wounded people in the war the Swidish citizen Jin Henry Dunant and his colleague to showed the honour of the state of Swtizerland and the opposite side of national flag on white ground Red Cross symbol was selected. As present pharmacy, ambulance, hospital and doctors for using bellowed symbol, there is leading much awareness among the people.

Measurement of Red crescent flag:



In central position of white ground like 'C' letter shaped a red colour half moon drawing crescent flag measurement is given below-

1. Length of white ground is 10 unit, width 6 unit, proportion of length-width is 10:6 (as same as our national flag)
2. The symbol of Red Crescent is one unit which is to draw as one portion equal of twenty four part of white ground.
3. The symbol of Red Crescent is to be placed in the centre of the white ground.
4. Open side of half shape moon (Red Crescent) will remain at the opposite side of the flag pole.

Importance of Bangladesh Red Crescent Society in human service: Red cross is an international organization engaged in serving helpless people of the world. Now this organization is divided into two names. In muslim world it is called Red Crescent and in other countries it is familiar as Red Cross. Its symbol of muslim world is half shape moon. It's main aim and purpose is to rescue and co-operate any type of natural disaster affected people, war prisoner, wounded people of war, shelterless and sick people. Besides it has preservation of blood bank, pure water and arrangement of training about primary medical aid. This organization was awarded Nobel prize in peace in 1963.

Activity-1: Present the importance of Red Crescent in human service.

Activity-2: Draw the flag of Red Crescent society at home and bring it to school.

Lesson-5: First Aid:

The organs of the body means hands, legs, nose, ear, head, throat etc. The knowledge of the first aid of that organs is essential for the students. Every person in any time may face an accident in practical life. To prevent this accident everybody should know the idea of first aid. It is to learn knowledge about first aid to protect injury becoming worse before doctor comes. English meaning of prathomik chikitsha is first aid. First means prothom and aid

means help. Any wounded person is to be helped first and it is called first aid. First aid is that type of scientific education which helps nursing the patient to save his life in any accident. Dr. Fredrik Ezamrk is the creator of first aid. He was a prominent surgeon of Germany. He thinks after any accident necessary steps be taken first to patient before sending him to the doctor so that his condition does not face downfall. So first aid is the nursing given at once to the suddenly injured person before doctor comes. Three main functions of first aid are-

1. Identification of disease, 2. Treatment and 3. Transfer

1. Identification of disease : Identification of the reason of illness.

2. Treatment : Try for the patient so that his condition may not deteriorate before doctors arrival.

3. Transfer: To transfer the patient as soon as possible to hospital or doctor or any secured place according to the condition of the accident.

Care of wounded place: When an injury occurs by knife, scissors, blade, cutter, etc. and starts bleeding is called wound. Hitting by the hammer, brick, stone when bleeding occurs it is also called wound. The animals biting also causes wound. Besides boiling oil or water may cause wound in skin or muscles when the body gets burnt.

First Aid:

1. Firstly it is to wash own hand clearly.
2. Try to stop bleeding by the ice or any other ways.
3. To keep the patient stationary in lying position, to reduce bleeding.
4. To remove any loose foreign matters from wounded place.
5. If any large thing enter into the skin send him to doctor as soon as possible .
6. Wounded place is to wash by the germ free medicine and to be dressed properly.

Dressing: Keeping the wounded place free from germs or clean it is dressing. Piece of clean cloth, gauze, bandage, cotton, antiseptic etc are used for dressing.

Method of dressing: At the time of dressing some points will be followed:

1. The patient on lying the wounded place will be up ward position.
2. A clean cloth to be placed under the wounded place.
3. First aider will take wash his own hands.
4. Injury place will be washed by the refine cotton.
5. Surrounding area of the injury will be washed by detol or sprit.
6. At the time of washing, firstly it is to wash from centre. So that dirty things may not enter the injury place.
7. Never touch the wounded place.
8. To press the wounded place by the gauze with ointment, refine cotton, anticeptic powder.
9. Tincer iodine, spirit, potash paramanganet etc should not be used in the wounded area.
10. First aider always will keep some essential medicine, scissors bandage gauze and sterile cotton first aid box in his/her bag.

Activity-1: Act out giving first aid to the victim of any accident.

Lesson-6: Bandage :

The bandage is used to keep the dressing properly and injured limb firmly. At the time of making bandage always keep in mind.

1. Bandage can be kept firmly in whole dressing.
2. Binding of bandage is not loose or not more tight.
3. The measurements of bandage is not more wide or thin than injured limb. Bandages are of different sizes. they are should be specific size of bandages according to injured limb.
4. Generally strong cloth bandage is good.
5. In special case elastic crep bandage is to be used.

Three types of bandage

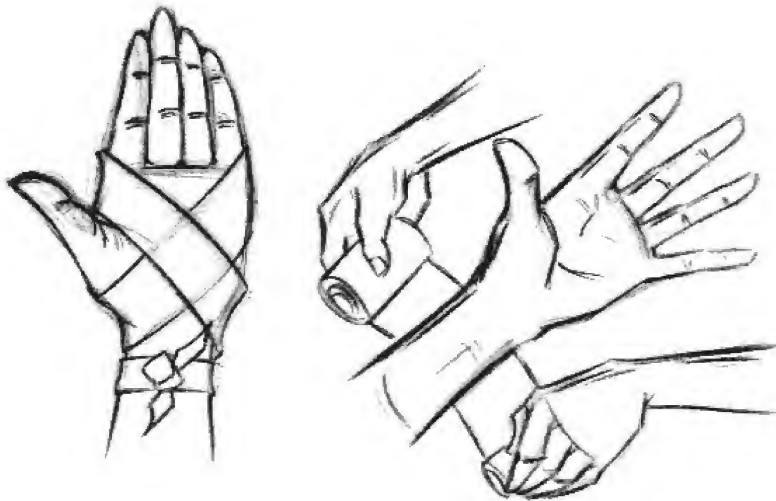
1. Triangular bandage
2. Roller bandage
3. Special bandage i.e. multi tail bandage

Triangular bandage : This bandage is very often used in the first aid. A piece of rectangular cloth can be cut diagonally. It will be made triangular bandage, Its base will be measured 42 inches. It will be correct to take one meter cloth.

Roller bandage : Generally the roller bandage is used in hospital by experienced first aider. Roller bandage is of various sizes. It's width is one inches to six inches. Roller crap bandage is to be used when a player gets injury on the body.

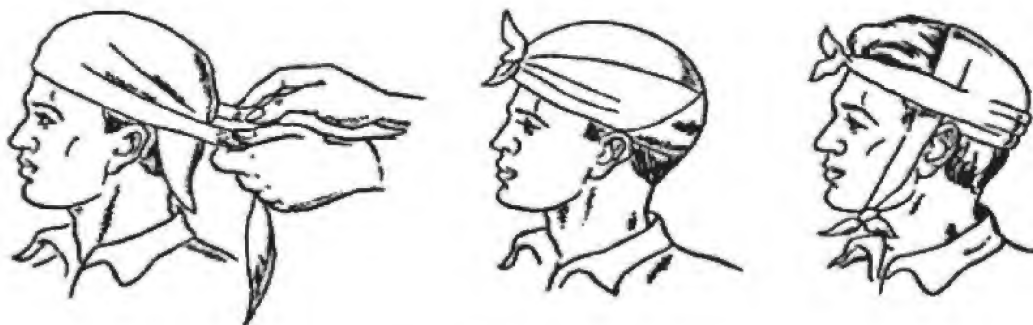
Multi tail bandage : Multi tail or many base bandage means that is consist of many tails. It looks like T size.

Hand bandage : Roller bandage is used in hand over dressing by moving. After the end of dressing the bandage is to be tightened by safety pin. How to make bandage over dressing by moving will be shown-



Hand bandage

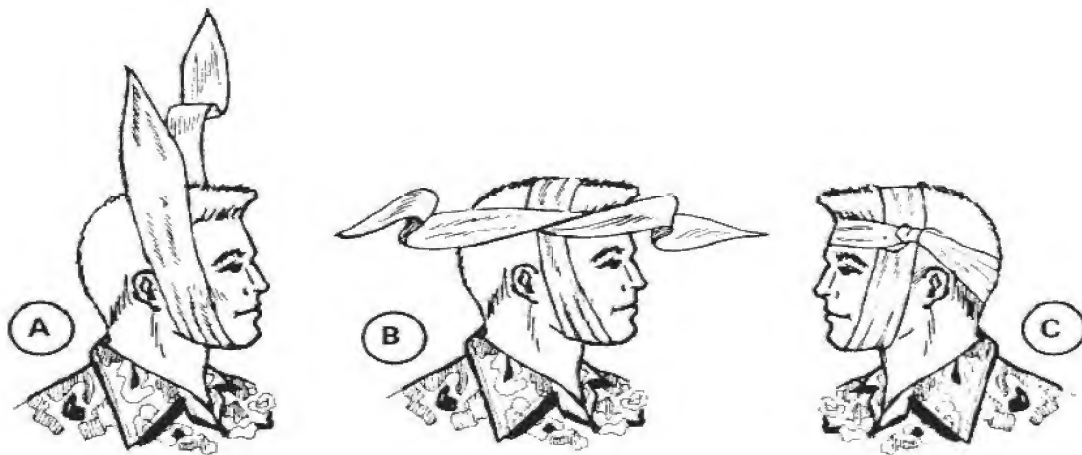
Head bandage : If the hit is on the skull, dressing of wounded place is to be covered with triangular bandage moving by head with bind on forehead.



Head bandage :

1. The width bandage is to be used in head
2. The bandage starts first from forehead
3. The dressing will be covered by bandage with rolling slowly
4. Making forehead bandage by means of rolling.

Jaw bandage : 'T' bandage is a special kind of bandage which has three bases instead of two bases. It is used specially in jaw. How to start and how to end bandage in jaw has also been stated with picture.



Jaw bandage :

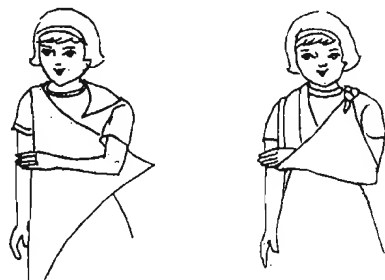
Activity-1 : Write down what are the things to be kept in mind during bandage.

Activity-2 : Practise and show how to do jaw and skull bandage in the class room.

Lesson-7 : Arm Sling and Collar and Cuff Sling:

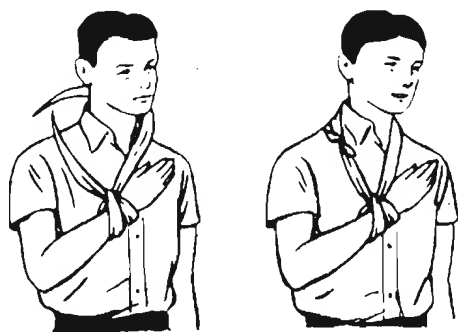
If any hard blow or any fracture involves any bone of the hand, the sling is used to keep that injured limb firm. The bandage which is used to hang the injured limb with the body is called sling.

Arm sling : The tied up bandage which is used to hang the whole arm is called small arm sling. Arm sling is required for hanging the front part of arm at easy position.



Now spread out one part of triangular bandage on the shoulder. Then it will be passed round the neck and brought towards the shoulder of injured limb and other end will hang in front of the chest. Then lay the injured arm on the centre of the bandage. The top or vertex of the bandage will remain behind the elbow. Then the second end will be tied up with the first end of the bandage. The top of side of the bandage will be folded up to the elbow. Then in front of the bandage, it will be attached with two safety pins.

Collar and Cuff Sling : This sling is used for hanging the wrist. Now, bend the elbow in such way that the fingers can touch the other shoulder. Hand will keep on the chest. Then lie it up with a clove hitch. The last end of the bandage is tied with this, it will be hanged in the neck. Clove hitch will be made with a narrow bandage. Make two loops, place second loop on the first. Then bring the loop from behind the first one and make a clove hitch. Now fasten it with the neck tightly passing round within the wrist.



Collar and Cuff Sling

Activity-1 : Practise arm sling and collar and cuff sling and show it.

Activity-2 : Show others to make arm sling and collar cuff sling.

Exercises

Multiple choice question

1. **What type of activity is hiking ?**
 - a. political
 - b. educational
 - c. social
 - d. development based
2. **Who first mentioned of first aids ?**
 - a. Dr. Fredrik Ezmark
 - b. Jin Henry Dunant
 - c. Dr James Neismith
 - d. Lord Baden Powel
3. **Which bandage is used to hang the wrist ?**
 - a. roller
 - b. multitail
 - c. arm sling
 - d. triangular
4. **What does the success of hiking depend on ?**
 - a. planning
 - b. compass
 - c. campfire
 - d. map
5. **Which one is good to use in the wounded place ?**
 - a. spirit
 - b. tincture iodine
 - c. potassium permanganate
 - d. antiseptic powder
6. **Multitail bandage –**
 - i. used usually in jaw wound
 - ii. used in forehead
 - iii. multitail or T shaped

Which one of the following is correct?

- a. i
- b. ii
- c. i and iii
- d. ii and iii

Read the following stem and answer question no 7 and 8

Ischa went to field for playing in the afternoon after he had come home from school. During the time of playing he fell on a piece of brick and bleeding started. Ischa's friends ran to him to render their co-operation and they stopped bleeding with what they had with them. Then carried Ischa to hospital.

7. **What if this work being done by friends of Ischa ?**
 - a. quick treatment
 - b. first aid
 - c. observation
 - d. medical treatment

8. Ischa's friends can do –

- i. stopping bleeding from the injured place
- ii. taking out anything that remaining in the injured place
- iii. massaging the injured place

Which one of the following is correct?

- a. i and ii
- b. ii and iii
- c. i and iii
- d. i, ii and iii

Read the following stem and answer question 9 and 10

Ariq is involved in an organization of his school. The main characteristic of this organization is to remain always prepared for work. This organization runs on seven principles. Due to the activities of the organization admission rate of students in the school has increased ever before.

9. Which organization is Ariq involved with ?

- a. girl guide
- b. scout
- c. Red Crescent
- d. Red Cross

10. Successful implementation of Ariq's organization will raise among the learners –

- i. human values
- ii. conscious attitude in the society
- iii. attitude of a group or class.

Which one of the following is correct ?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

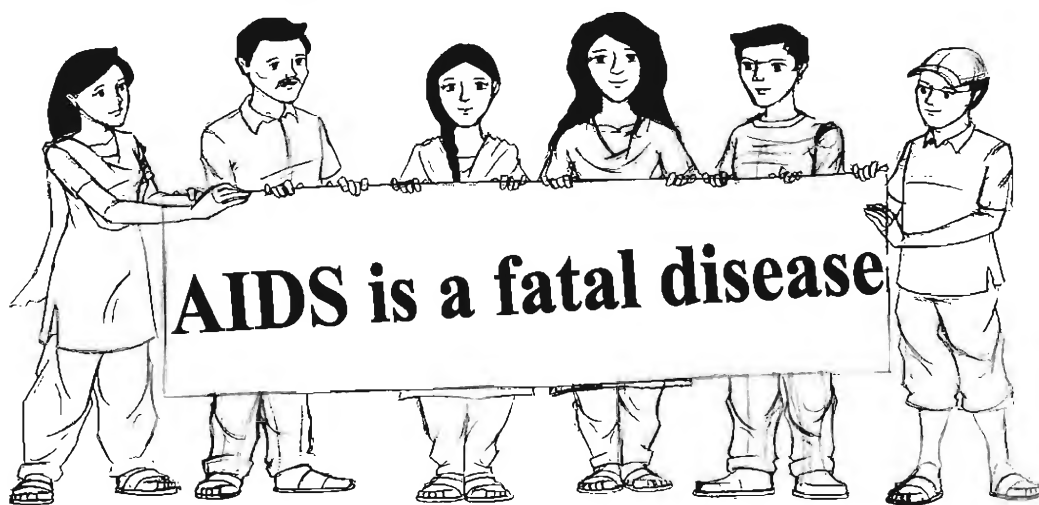
Short answer question

- 1. Though laborious hiking is entertaining - explain.
- 2. Hiking becomes entertaining through flawless planning - explain.
- 3. It is possible to contribute in the society through scout movement - explain
- 4. One can get the opportunity of serving human beings by being a member of Red Crescent - give your opinion.
- 5. First aid can save too many lives - explain.

Chapter Three

Introduction to Health Science and Health Service

The problems that come up round human body everyday, are to solve for leading comfortable life. For this it is necessary to have knowledge about physical health. Along with health knowledge, we should have clear idea about health service because, when human body faces some hostile situation, then it becomes necessary to take health service in proper time. Some various fatal diseases have broken out to destroy human life in ages. The conscious human society has become able to combat these diseases and take antibiotic and preventive management. The life killing disease AIDS has spread all over the world alarmingly. No antibiotic or any medicine has been produced still that can cure the disease AIDS. The immature death is the last consequence of an AIDS patient. Therefore, what is AIDS, how this disease spreads, symptoms of this disease, preventive measures- all these should be known to people in details and all should be very much aware of it.



At the end of this chapter we will be able to -

- explain about the consequences of HIV and AIDS to the individuals, family and society;
- explain how HIV and AIDS spreads;
- explain the ways to keep free from HIV and AIDS;
- be conscious to prevent it after knowing the harmful effects of HIV and AIDS.

Lesson-1: The idea and impact of HIV & AIDS :

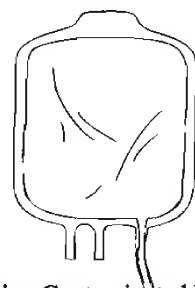
Among some killer diseases which attack people mostly in the world AIDS is one of them. Because of geographical and socio-economic condition of Bangladesh there is also enough possibility for spreading AIDS in our country in an epidemic form. So we all should know about AIDS. AIDS consists of four english words whose full formation is Acquired Immune Deficiency Syndrome. First letters of each of the four words form the word AIDS. AIDS is one kind of virus diseases. The name of this virus is HIV and it's full formation is Human Immune Deficiency Virus. It enters into human body in different ways and damages immunity of human body. The last stage of HIV contamination is AIDS. As there has not been produced any antibiotic to this disease yet, it is called a fatal or killing disease.

The influence of HIV and AIDS: As there are destructive influences of HIV and AIDS on health, there is also dangerous influence of spreading HIV in familial, social and economic sectors.

Influence on Human health: When HIV virus enters into body, it remains in the body for good and it spreads through unsafe physical relation or by the repeated use of the same syringe. It is a dangerous threat to health condition. There having no antibiotic to AIDS, if any one is attacked with this disease huge amount of money is needed. As a result it creates excessive pressure on normal health condition.

Influence on family: People in the family, friends, relatives and neighbours avoid the AIDS attacked people in his life time. He also debases himself and his family in the society. A lot of money is spent for his treatment. As a result, financial crisis arises in the family. AIDS patient slowly and gradually falls into death. Besides after the death of the attacked person his children are to grow up in negligence and hostile situation. Their physical and mental growth is also hampered; even because of lack of money their education is also stopped.

Economic influence: An AIDS attacked person is sacked from job if he is in service. The ability to do works of an AIDS attacked person is decreased. So he can not work and earn money. As a result an adverse effect is seen in the development of that person. Those countries which are severely affected with AIDS there prevails the stand stillness.

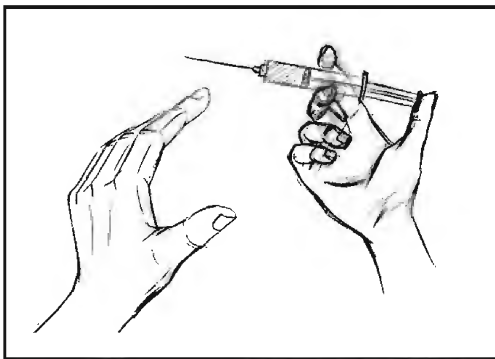


Taking Contaminated Blood

Lesson-2 : How HIV is contaminated in human body:

Usually HIV virus remains in some liquid elements of human body like blood, semen, breast milk of a mother. So, during the interchange or exchange of these liquid elements HIV can be spreaded. The definite ways by which HIV spreads are :

1. During blood transfusion of a HIV attacked person into another person.
2. Using the syringe of AIDS attacked person to another person.



Use of syringe of an attacked person



Feeding by the attacked mother

3. Because of the transplantation of some limbs of somatic cells into another person.
4. Through attacked mother (during pregnancy, delivery or feeding the child with breast milk of a mother) her child may be contaminated with this disease.
5. During immoral and unsafe physical relation.

The symptoms of AIDS Patient :

There is no definet symptoms of AIDS. But remarkable symptoms found in AIDS affected patient are -

1. Decreasing weight of the body.
2. Prevailing fever in the body for more than two months long for unknown reason.
3. Continuing dry cough for long time.
4. Suffering from loose motion for more than two months.
5. Fungidal contamination is seen in different organs of the body.
6. Swelling up in the lymph gland.

Generally the symptoms mentioned above can be seen in the case of an AIDS attacked person. We can not count him as AIDS attacked person for these reasons. Still then, if these symptoms are seen with any person, he must consult with an experienced physician and ascertain about HIV contamination after his blood being tested.

Activity-1: Explain how to detect an AIDS patient.

Lesson-3: Risk of HIV and AIDS contamination:

AIDS is one of the fatal diseases of the world by which people have been attacked. This disease was discovered in United State of America in 1981. Though there are antibiotics or remedies for different diseases, any medicine has not yet been produced to cure AIDS completely. AIDS is the last stage of HIV virus contamination. An AIDS attacked person is also attacked with other diseases easily and he never becomes cured by any treatment. HIV virus entering into human body destroys the immune system and this is why it's annual sequence is death.

In spreading HIV and AIDS virus Bangladesh is at threat: HIV and AIDS has taken dangerous epidemic form world wide. Its spread is so perilous in the Sub-Sahara area of Africa. Its rapid spread has been done in the East Europe and Caribbean region. In the Asian continent its spread is in the highest in India and in Myanmar. The spread of AIDS in China, Combodia, Vietnam, Indonesia, Thailand and Nepal has created an alarming situation. Because of workers' of Bangladesh going in ample number to AIDS affected countries the risk of being attacked with HIV has increased a lot due to their immoral life style. Those workers many often return home carrying HIV virus in their body. Because of uncontrolled use of drugs, unconsciousness, illiteracy, immorality, poverty etc. in our country has created widespread contamination among the boys and girls below 25 years old . It has created an epidemic.

Teenaged girls are in the most risk of HIV and AIDS contamination : As the consequence of this cureless disease is alarming, the teenaged girls are to be careful with special attention particularly, and they have to be alert also. From the recent situation of different countries it is known that half of the newly HIV patients are between the age of 15-24 years. The Girls of this age are in most risky position than the boys. The main causes of it are-

(1) In the socio - economic context the Bangladeshi girls are in poor condition (2) Lack of knowledge about HIV and AIDS (3) Because of the gender discrimination women are neglected (4) Lack of power for the women to prohibit themselves from making immoral and unsafe physical relation (5) Special physical features of women etc.

How to prevent AIDS :

Not to take untested blood

Not to use syringe used by others

Not to use blade or razor used by others

Not to make immoral, unsafe and uncontrolled physical relation

To use sterilized equipments for operation

Not feeding by the milk of HIV virus carrying AIDS attacked mother

Besides knowing the reasons of AIDS, preventive measures can be taken by creating awareness. In this lesson the ways of prevention from HIV and AIDS have been discussed:

1. **Avoid risky behaviour :** To prevent HIV and AIDS the risky behaviour should be given up.
2. **Reducing Emotion:** Being curious and emotional the teenaged boys and girls involve themselves in unsafe works. In some cases because of the parents' sub dual they do risky works out of vanity. Discussing the seniors or parents openly emotion and curiosity can be removed easily in this respect many problems can be solved also.
3. **Rejecting unsafe proposal:** It is urgent to achieve the ability to speak 'No' to the risky proposal. The teenaged boys or girls, some times, because of shame can not say, 'No' straightly, So. how to say 'No' is to be known and learnt. One should be self determined maintaining friendship and relationship. It is to learn the tricks to say 'No'.
4. **To follow the rules of religion and social codes :** No religion or society approves addiction to drugs, immoral physical relation. They are also socially heinous act. So, the possibility of being attacked with AIDS reduces to a great extent by practising the rules of religion.

- 5. To increase awareness about HIV and AIDS:** It is compulsory to create public awareness about the dreadfulness of HIV and AIDS. For this purpose arrangement of rally, publicity in the dailies and also broad casting drama and songs through electronic media etc activities can be initiated to create awareness. Equipped with banners, festoons, posters and also with the dress of same colours if the people take part in the rally, it attracts the attentions of the viewers and it plays an important role to create awareness about AIDS.

Activity-1: Determine one of the risky causes of Aids and how to avoid it then present it in the classroom being in groups.

Activity-2: Determine the precautionary activities to remain free from the risks of Aids and present it is the class room as group work.

Activity-3 : Through which tricks the classmates or equals can be inspired to prevent AIDS and write a short report about it to present in the class.

Exercise

Multiple choice question

- 1. When was AIDS first detected ?**
 - a. 1980
 - b. 1981
 - c. 1982
 - d. 1983
- 2. What is HIV?**
 - a. disease
 - b. virus
 - c. bacteria
 - d. iodine
- 3. In which country AIDS was first detected ?**
 - a. America
 - b. India
 - c. Vietnam
 - d. Cambodia
- 4. What is most important to prevent AIDS ?**
 - a. to train up the physicians of AIDS
 - b. to make all aware of AIDS
 - c. giving proper medical treatment to AIDS patients
 - d. detecting AIDS attacked people

5. Baby of a AIDS patient mother can be attacked with AIDS-

- i. by taking mothers milk
- ii. through the breathing of mother
- iii. by taking mother blood

Which one of the following is correct ?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

6. In respect of AIDS -

- i. AIDS has no definite indication
- ii. HIV is a silent killer
- iii. one can come round by taking medicine properly.

Which one of the following is correct ?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

Read the following stem and answer question 7 and 8

Akash was injured in a road accident. As he needed blood then Akash was given blood from an unknown person. A few days after he had become cured, he was attacked with a fatal disease. The symptoms that become evident in this disease are always fever, cough and cold inflation of lymph gland.

7. Which of the following disease had Akash been attacked with ?

- a. cancer
- b. pneumonia
- c. AIDS
- d. gaundice.

8. The reason of Akash being attacked with that disease -

- i. being victim of road accident
- ii. taking blood without examination
- iii. unawareness of the disease

Which one of the following is correct ?

- a. i
- b. i and ii
- c. ii and iii
- d. i, ii and iii

Read the following stem and answer question 9 to 10

Karim works in a farm. He has been suffering from fever for two months along with cough and cold and so on. His intimate colleague Jaman took him to doctor. Doctor examined Karim's blood and told Karim that he had been attacked with AIDS. Jaman was afraid of and informed Karim's home leaving him at doctor's chamber. After getting this information all started to behave strangely with Karim. As a result, Karim was very much frustrated mentally.

9. What is the most important factor to change this behaviour of Jaman ?

- a. keeping a clear idea about the disease
- b. abiding by religious faiths and norms
- c. to manage the defunction of emotion
- d. avoiding the risk of AIDS

10. This mental condition of Karim is due to –

- i. non co-operation of family
- ii. irony of fate
- iii. fear of the spread of the disease

Which one of the following is correct?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

Short Answer Question

- 1. AIDS spreads through the exchange of liquid substance - explain
- 2. How can social awareness play an important role to prevent AIDS - explain
- 3. Awareness of teenagers can prevent AIDS - give opinion
- 4. The problems of an AIDS patient are the problems of the family - give opinion.
- 5. 'Prevention is better than cure' in respect of AIDS - explain

Chapter Four

Reproductive Health in our Life

The organs of the body which are related to procreate child and to know about the health of these organs is called reproduction health. Many think that only the girls know about the health for procreation. This is a wrong idea. A child, whether boy or girl, at every stage of life there should have a clear idea about reproductive health in addition to knowledge of general physical health. So, it is necessary to know what is reproductive health and how to protect it. During adolescent period the children having no knowledge about reproduction health they suffer from many difficulties related to health. As a result the boys and girls of this age have to know about the necessity of



protecting the reproduction health. From the previous chapters and lessons, it has been learnt that because of hormone during the time of adolescence some physical and mental changes occur to the boys and girls. During this important transitional period in the adolescent time everyone should be careful about health for procreation particularly. Because, in this stage there starts a process of changing a boy into a man and a girl into a woman. Again, to protect the physical and mental health of the boys and girls procreation is very important. Besides, to ensure the health for the generation to come every one should follow the rules for reproduction health.

At the end of this chapter we will be able to -

- explain the necessity for protecting health for reproduction;

- explain the rules of reproductive health;
- analyse the consequence of conceiving child at immature age and taking preventive measures;
- keep one self sound and protective following the necessary rules for reproduction health.

Lesson-1: The idea about the health for reproduction:

When a child is born in a family, since then he grows up gradually. He grows up passing different stages of life. He has to pass the stages like early hood, childhood, youth and old age. During the transition from early hood to childhood there happens different changes-physically and mentally. This period is called adolescence. In adolescence period a boy or girl comes to youth stage. This time there happens a balance physical development. At this stage the organs which are related to breeding child form, develop and flourish. The health for procreation is the process of breeding of a child. For the physical, mental and social welfare reproductive system is very important. This is why every one should have basic knowledge about reproductive health to lead a safe and healthy life.

The way of protecting reproductive health and its necessity: The first condition about the health for procreation is that in the adolescence period what physical changes occur, the teenaged boys and girls should know well. What they have to do and carryout the rules accordingly. In this time they have to take nutritious food, sufficient water and maintain cleanliness. If any physical complexity occurs, one should take suggestions from health worker or doctor.

Many mothers meet death while giving birth to child every year in our country. The reason of this is the marriage at immature age and conceiving child. As a result they are attacked with many diseases and their health breaks down. For this reason, there arises financial crisis and absence of tranquility in the family. When a girl marries in matured age, she remains aware of physical fitness and also remain prepared mentally. If girls conceive at mature age i.e. after 20, the risk of infant mortality will come down in that case. Besides if any mother gives birth to child frequently, the mother and the child face the risk of life. To reduce this risk, there should have gap in the case of giving birth to child. Following the above rules sustaining the soundness of health for

procreation and the new born baby will be healthy and disease free. So, tranquility will prevail in the family and society.

Rules of health for reproduction: In the previous lesson we have come to know about reproduction health. For leading safe and improved life everyone should have fundamental knowledge about the reproduction health because it is a major part of the total health of human life. So, various types of problems are caused because of the lack of necessary knowledge about reproduction health. Without understanding anything the teenage boys and girls conceal their diseases caused by illness and suffer from many problems which are harmful for health. In the time of childhood there happens physical and mental change fast to the girls and boys. As a result fear, curiosity and emotion are seen among them. Out of emotion they can take any wrong decision and harm themselves. If they have clear idea about the health for procreation, they can avert such type of problems. Some important elements about the health for procreation:

1. **Conceiving child at proper age:** A girl should not conceive a child before the age of 20 to protect her health. Both mother and child keep well if it is conceived at proper age.
2. **Safe motherhood :** The conceived mother should be cautious in her movement in order to ensure the safety of her life and her child. She should not carry anything which is heavy. Besides, she should consult the doctor if there is any physical problem.
3. **Caution at the time of reproduction:** Nutrition for the child and taking balanced diet by the conceived mother etc. are related to reproductive health is possible to give birth a healthy child only when the mother takes care of these issues.
4. **Treatment of different diseases of reproductive system and prevention of diseases:** If reproductive organ is attacked with any kind of diseases, proper treatment and preventive management should be taken. Infectious disease, sexual disease, cancer in the reproductive organ, HIV and AIDS etc. belong to this class.

Activity-1: What necessary measures are to be taken to protect the health for procreation and what problems occur for not taking the necessary means write about this to present in the class.

Sl. No.	What to be done to protect reproductive system	The problems caused by not taking protection
1.		
2.		
3.		
4.		
5.		
6.		

Leason-2: Pregnancy:

Before the birth of the human baby, the baby stays in the womb of the mother for a certain period. When a baby comes in the womb of a mother, the mother is known as pregnant. During the time of conceiving, some evident changes come in the body of the mother. After giving birth to a child, the body of the mother goes back to normal condition.

Conceiving child at mature age : The mature age for girls is 18 years and 21 years for boys. But a girl conceives at 20 years age, she does not feel physical and mental problem. The physical problems which are seen at this stage can be cured if she follows the doctors' suggestions and a healthy child is born at proper time.

Consequences of conceiving child at immature age: Physical fitness and mental development are absent to become a mother at immature age. The girls who are married off at early age suffer from different mental and physical complexities because at this age the physical and mental development is not developed. Besides a girl who is at immature age does not have any proper knowledge about conceiving child and reproduction. If she conceives at an immature age, she will not only be affected physically and mentally but also

the new born baby's life may be at stake. Due to this, the family loses both mentally and financially and there is an impact of this on the society.

The problems created for conceiving at immature age:

1. **Health Problem** : Because of conceiving at immature age bleeding, the body having fluid, severe headache, dim vision in the eyes, fever convulsion abortion etc. As a result risk of death arises for both mother and child. By preventing pregnancy at immature age, we can prevent the untimely death. Besides, there is lack of space for a child to grow up because of being pregnant at this age. As a result an under weight baby is born. In many cases, babies before getting fully developed various complexities are seen since the birth of the baby. These babies have insufficient immunization.
2. **Education problem:** During study in school if a girl conceives, after marriage she does not go to school because of shyness. She suffers from mental agitation. Because of physical changes she faces problems in her movement and she gives up study at one stage.
3. **Family problem:** Because of conceiving at immature age the girls can not do household works well. She falls in illness very frequently and it causes unhappiness in family.
4. **Financial crisis:** If girls of immature age conceive they will suffer from various physical problem. During pregnancy she has to be under the care of a doctor. She has to take nutritive food. For doctor, medicine and nutritions food there needs a lot of money that leads a family to financial crisis.

To prevent conceiving at immature age : The age for marriage of a girl is 18 years and 21years for the boys according to the existing rules of the government of Bangladesh. If they are married off before attaining the maturity, it will be offensive in the eye of law, and it will be considered immature marriage. So according to law if there is no immature marriage, there will not be any scope for abortion. It is necessary to publicise the complexities what occur due to marriage at immature age. Awareness of the mass people can be developed through radio, television. drama, songs etc. Everyone of the society should be involved in preventing early marriage. Conceiving at immature age should be discouraged through meetings, seminars, workshop etc. and to take effective laws the management of government and non government should be strengthened.

Activity-1: Write down the difficulties of conceiving at immature age and its ways of solution in the chart below.

Problems	Ways of solution to the problems
1.	1.
2.	2.
3.	3.
4.	4.

Exercise:

Multiple choice question

- Whom should one meet for the complicated physical problems during adolescent period ?**
 - parents
 - friends
 - teacher
 - physician
- What is the age bar for conceiving in Bangladesh ?**
 - 14
 - 16
 - 18
 - 20
- When boys and girls have fast physical and mental changes –**
 - in childhood
 - during teenage period
 - in adolescent period
 - in youth
- What is most important during the adolescent period ?**
 - sleeping for plenty of time
 - taking protein food
 - remaining busy in sports
 - keeping neat and clean

5. Remaining aware about the reproductive health during the adolescent period is necessary, because due to this –

- i. flourishment of human merit occur
- ii. possibility of giving birth to sound and healthy baby increases
- iii. one can remain physically and mentally sound

Which one of the following is correct ?

- a. i
- b. i and ii
- c. ii and iii
- d. i, ii and iii

Read the following stem and answer question no 6 and 7

When Bokul's annual exam of class seven, was over her mother made her at this changing age. After a few months of marriage Bokul was vomitting very often. Apathy to food increased. Often she had bleeding. She went to the physician. After some tests physician became conscious.

6. Which of the following is responsible for this condition of Bokul ?

- a. financial solvency
- b. lack of education
- c. lack responsibility of society
- d. conceiving at an immature age

7. Way out of this condition of girls like - Bokul

- ii. mass circulation of health regulations
- ii. appointing a good number of physician and nurses
- iii. ensuring marriage at proper age

Which one of the following is correct?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

Read the following stem and answer question 8 and 9

Ruponti is a student of class eight. She remains unmindful at her bedroom through out the day. In normal works, studies, food at everything she seems to be absent-minded.

8. Which time is Ruponti passing in regards of age ?

- a. childhood
- b. girlhood
- c. youth
- d. adolescent period

9. During this time Ruponti –

- i. may be directed by emotion
- ii. may lose eagerness for nutrition food
- iii. may become curious to some particular matter

Which one of the following is correct ?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

Short answer question

1. Acquiring knowledge about reproductive health is essential for a sound beautiful future - discuss.
2. Co-operation of parents can solve the problems of adolescent period of sons or daughters - give opinion.
3. Awareness and implementation of law is necessary to prevent immature conceiving - give opinion.
4. A sound protection of reproductive health is necessary for a safe and better life - explain.
5. Teenagers face both physical and mental problems in their adolescent period - discuss.

Chapter Five

Sports for Life

Games and sports keep the body and mind fresh. The happiness and prosperity of future life depend on soundness of body and mind. Games and sports are one of the sources of forming body. Human beings find their ways to flourish their life, find determination to face the struggle of life. In every sports there is victory and defeat. Games and sports prepare mentality of human being to accept victory and defeat. To make life moving, spontaneous and clean sports is one of the best means. Participating in the sports the students acquire physical, mental and social qualities and build up the characteristics of good citizenship.



Different types of games

At the end of this chapter we will be able to -

- describe the institutional and infrastructural disadvantages of games and sports of the country and explain the ways of solving the problems;
- describe the rules of Badminton, Basketball, Handball, Hockey, Athletics and swimming;
- practise obeying the rules of Badminton, Basketball, Handball, Hockey, Athletics and Swimming;
- be skillful to participate at least in one game compulsorily according to our choice.

Lesson-1: Necessary institutional and infrastructural facility for games and Sports:

Educational institutions are social organizations. The responsibility of preparing students as good citizens goes on to educational institutions. At present physical education is considered very important for flourishing the hidden merit and socialization. So the proper implementation of physical education in secondary schools are necessary.

The practical side of physical education is games and sports. Well planned institutional management and infrastructural development is very urgent for the implementation of games and sports activities. There are arrangements for two sports activities and recreational competitions of winter and summer time to inspire the students of secondary schools of Bangladesh. But most of schools conclude sports activities with one sports competition. Innumerable students are studying in secondary schools. Most of them do not know how to swim. They fall into different accidents due to ignorance of swimming. If there is a pond or swimming pool in each of the schools, students could learn how to swim and participate in different competitions and save themselves from accidents.

The school neither have sports field, nor plenty of standard sports equipment. The national health will face threats if the students are deprived of sports facilities due to infrastructural disadvantages. Therefore, the condition of infrastructure should be developed.

That's why, we have to build stadium, swimming pool and develop sports field locally. In addition to this supply of sports equipment should be ensured.

Activity-1: Write the present condition about institutional and infrastructural condition of your own school.

Activity-2 : Write down your suggestions to standardize the condition of games and sports.

In our country a number of games and sports are in practise. Techniques and rules and regulations of some of the games are given below.

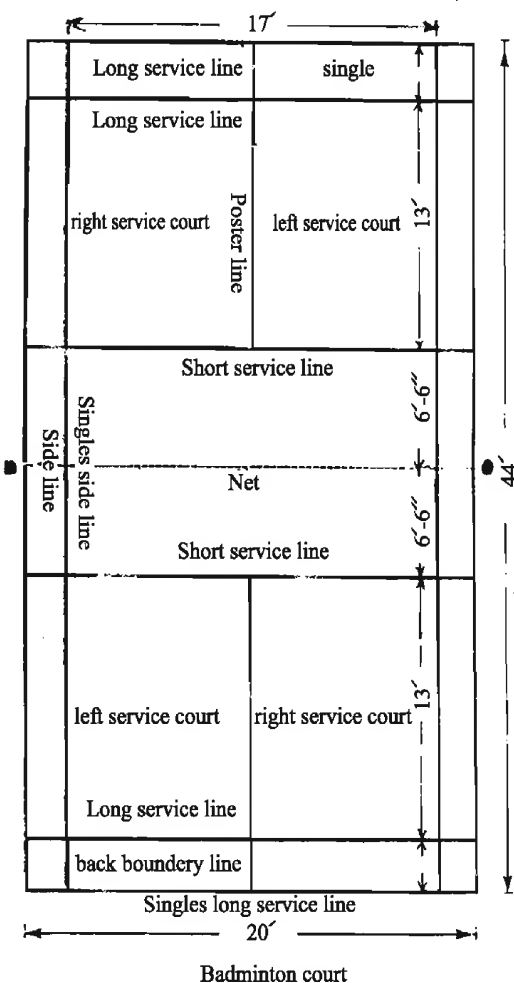
Lesson-2 : Badminton

The game of Badminton was first introduced at Poona in India in 1870. The game was not popular before it was transferred from India to England by the English soldiers. The Duke of Beaufort was very interested in this game and the name of badminton is originated according to the name of his village. This game was first played in his own house of Duke of Beaufort in Gloucestershire. In 1934 International Badminton Federation was formed at Shilton in England.

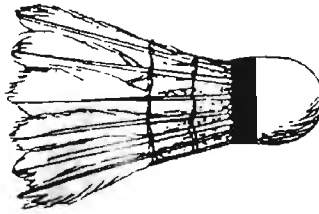
The game of Badminton was included in Asian games in 1966. Bangladesh Badminton Federation was formed in 1971. It is a popular game in Bangladesh. The people of all ages of the villages and towns can play this game.

Laws of the game:

- 1. Playing court:** The game of badminton is played in two types of court- (a) Single court (b) Double court.
- 2. Single court:** The single court 44 feet in length and 17 feet in breadth.
- 3. Double court:** The double court 44 feet in length 20 feet in breadth.
- 4. Marking of the court:** All lines will be yellow and white colour .
- 5. Post:** The height of the post from floor to top is 5 feet 1 inches. The post will be on the line or little distance from the court.
- 6. Net:** The height of the net from the middle, towards the post will be 5 feet 1 inches. Width of the net is $2\frac{1}{2}$ feet.



7. Shuttle cork: A shuttle cork is needed for this game.



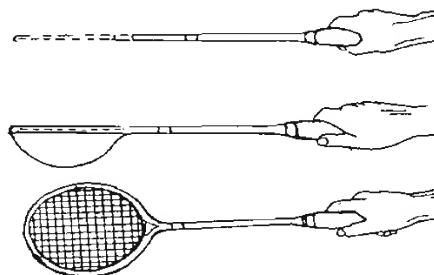
shuttle cork

- 8. Single play:** While one player is participated in each side in a games this is called single play.
- 9. Double play:** While each side two player to participate in a game that is called double play.
- 10. Toss :** Winner of toss- a. Winner will choose either service or receive. Opponent player will choose the left side.
- 11. Judges :** For conducting the game there are one referee, one umpire, one scorer, two or four line judges.
- 12. Game :** The single and double games are completed by 21 points. In 21 points game if it is drawn by 20-20 all, the game will be completed 20-22, 23-25 points i.e. must have two point difference. When both team's points are equal, it is called deuce. Keep in mind the game must be completed maximum 30 points, side changes at point 11 in the final set. When a team will win the two game out of three, he or team will be winner.
- 13.** At the time of single game the player will serve from right court when the point zero or even number, if the number is an odd the service will be left court. After scoring a point the service and receive court players will change the court.
- 14.** At the time of double games the service shall be made from right hand court to diagonally opposite. Who will stand in opposite court only he will receive the service. Without point no player will serve consecutively. The winner of the first game will serve at the beginning of second game.
- 15.** The two legs of server will contact on the court at the time of service.
- 16.** While servicing the shuttle cork touches the net but reaches the right court the services is considered to be correct.
- 17.** The shuttle cork touches the line it will be considered right.
- 18.** No one can shot the shuttle cork crossing the net and during the game no one can touch the net or post with the racket or any part of the body.

Tactics : To acquire the skill of badminton one must have flexibility of hand and wrist and good foot work. The basic tactics of badminton are-

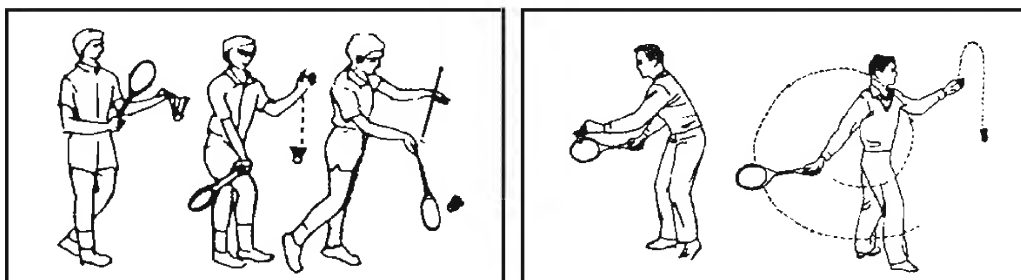
1. Gripping the racket
2. Footwork
3. Service
4. Forehand stroke
5. Backhand stroke
6. Overhead stroke
7. Net stroke

1. **Gripping:** The game of badminton depends mainly on gripping the racket properly. Now turn the palm on the right hand down and spread out the thumb and fore finger at the end of the grip and make it look like English letter "V" then grip the racket. Acquiring the good gripping will help playing good game.



Gripping

2. **Foot work:** Badminton is a very fast game. So foot work should be very fast. Naturally it is necessary to adapt oneself to the need of the situation very quickly. The necessity of foot work is the most important in this case. In a fast game if the foot work is not proper, the shuttle cork can not be sent to the right place or cannot be shot back. Good footwork helps one to reach the shuttle cork very fast and send it back to the opponent court according to choice.
3. **Service:** A player serves the shuttle cork to the opponent court at the start and the beginning of every point according to the rules of the game. This is called service. Through service the cork is to be sent to such a place of the

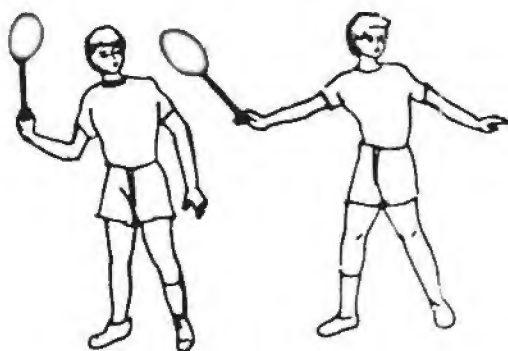


Service

opponent court that the opponent players find it difficult to return. During service keep the two legs with a gap and stand placing left leg before the right a little forward. Keep the body weight on the back foot. Hold the shuttle cork with your left hand and strike the cork on the back to send it

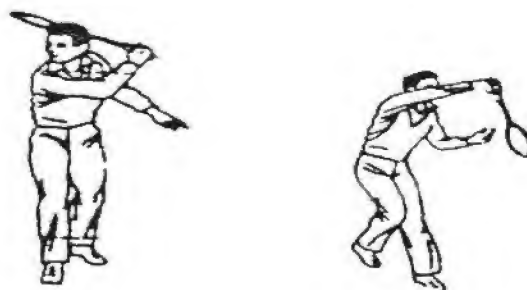
to the opponent court after dropping it. At the moment bring the racket from behind with your right hand. As soon as the contact between the shuttle cork and the racket is made the body weight will be shifted to the left foot. There are two types of service. Short service and long service.

In short service the cork is sent to the opponent court near the net and in long service, the cork is sent to the back side of the court.



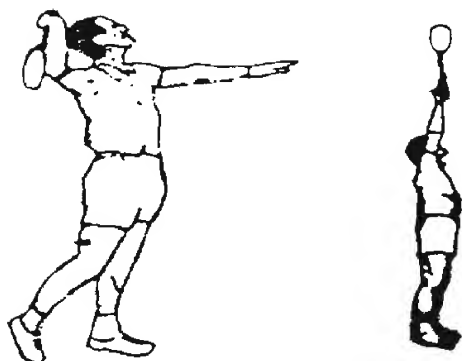
Forehand Stroke

4. **Forehand stroke:** Keeping the palm forward, the right hand player sends the shuttle cork to the right and the left hand player to the left. This is called forehand stroke.



Backhand Stroke

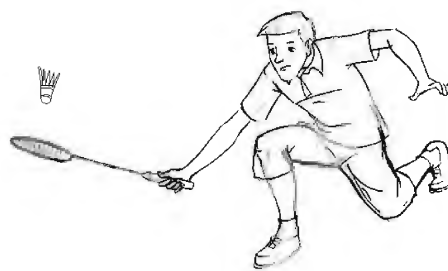
5. **Backhand stroke:** Holding the racket properly, keeping the palm backward right shoulder of right hander and left shoulder of left hander towards the net strike the shuttle cork. This is called back hand stroke.



Overhead stroke

- 6. Overhead stroke:** This stroke is generally made for smashing. Both forehand and backhand may be used to make this stroke. Come below the shuttle cork, jump up and strike the cork from above by raising your racket as much high as possible.

- 7. Net stroke:** This stroke is used when the cork falls near the net of the opponent court. Net stroke requires very skillful hand, i.e., it requires highest control of the band to drop the cork near the net. A lot of practice is necessary for mastering this skill.



Net Stroke

Activity-1 : Demonstrate the technique of gripping of racket.

Activity-2 : Show the technique of service of racket.

Lesson-3 : Basket ball

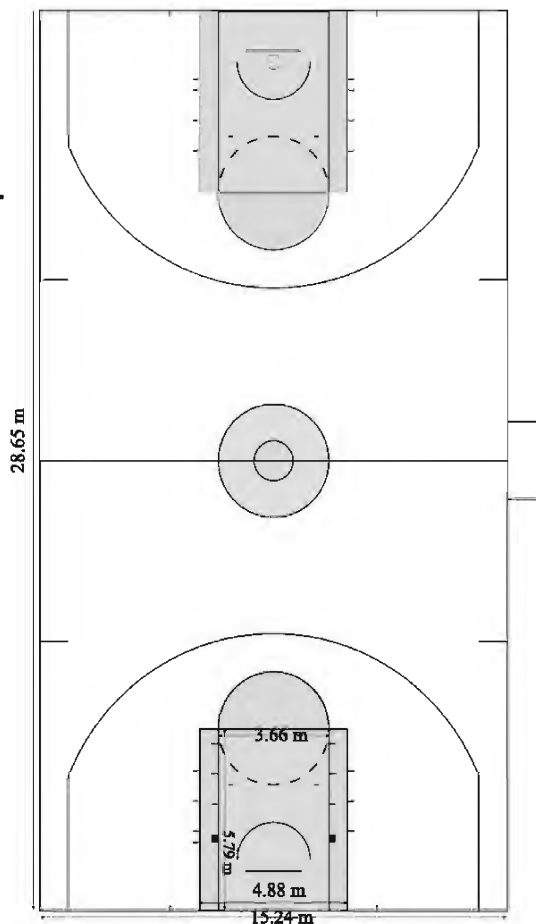
History :

The game of basket ball was first introduced in America in 1881. Dr. James Neismith was the father of this game. He was the director of physical education in Y.M.C.A. College, Springfield U.S.A. . Basket ball was included first as a complete game in Berlin Olympics in 1936. It is a national game of America. Now a days, basket ball has become popular in many countries in the world. Dr. John Henry of Y.M.C.A college at Kolkata comes forward to start the basket ball game played in this sub continent. The game of basketball was first started in the Christian Missionary schools of Bangladesh.

The basket ball federation of Bangladesh has an important role in Bangladesh to organize national basket ball competition and inter club competition. At present inter school, inter university, inter cadet college are being held in our country.

Laws of the basket ball :

1. **Court:** The dimension of basketball court is 94 feet (28.65 m) in length and 50 feet (15.24 m) in breadth. For school and college student their court is 84 feet (25.62 m) in length. All lines are of same colour. If the board is crystalline glass so marking will be white, on the other hand will be black. Line will 5 cm. in width.
2. **Centre circle:** The measurement of centre circle and restricted area circle is same. The radius of the circle will be 1.83m . At the time of starting two players of two teams will stand in the middle of the circle and other players will stand out of circle. The game is started by jump ball from the circle.
3. **Ring :** The height of the ring from the court is 3.05 m . Drawing an arc of 6.25 m radius from the central point of the ring three points line is drawn.
4. **Ball :** The size of the ball is round shape . It will be made by synthetic rubber like bladder of rubber. The colour of the ball is orange.
5. **Foul and violation:** If a player intentionally comes in physical contact with opponent player is called foul. When a player dishonours the law or break the rules of the game that is called violation.



Basketball court

Foul:

- a. Holding the opponent, pushing, resisting the advance of the opponent team with two hands and striking the opponent.
- b. If someone displaces the opponent forcibly while taking the ball with drops.
- c. Touching willingly an opponent who is not holding the ball.
- d. Misbehave with the opponent player or the umpire.

Violation:

- a. Walking or running with the ball without drop.
 - b. To move two steps here and there with the ball in hands.
 - c. Dribbling the ball with two hands.
 - d. Staying more than 3 seconds restricted area in the opponent court while the ball is in the grip of one's team.
 - e. Holding the ball for more than 5 seconds.
 - f. Holding the ball for more than 8 seconds in own half not to go opponent court.
-
6. **Officials:** For conducting the game the officials are referee one, umpire one, scorer one, assistant scorer one, time keeper one, 24 seconds operator one.
 7. **Duration:** The game will be four quarter, each quarter will ten minutes. The rest will be ten minutes, end of the second quarter and before start in the third quarter. Between others quarters rest will two minutes only.
 8. **Scoring of the point:** During the game a player scores from outside the arcs will get 3 points, within the arcs will get 2 points and scores from free throw will get 1 point.
 9. **Players:** The game of basket ball is played between two teams. Each team will consist of 12 players, but 5 players participate together. Rest 7 players will remain as extra.

10. Time out: First and second quarter each team will have one time out third and fourth quarter each team will be taken 3 time out, extra period each team can be taken one time out. Duration of time out is 1 minute.

11. Decision of the game: If the game will not be decided in fixed time, then extra time for 5 minutes will go on continuing until it is settled.

Tactics :

Playing basketball needs the ability of breathing, power of running, jumping and with them agility of a body.

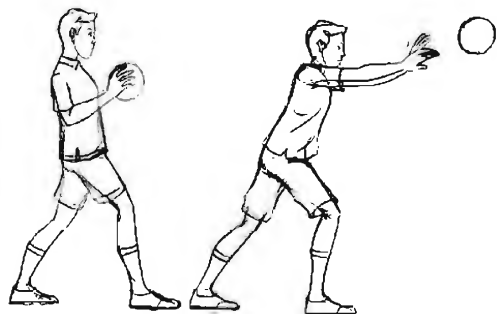
The main tactics of playing basketball are stance, gripping the ball, right passes and dribbling the ball, shooting and basketing the ball, guarding the opponent etc.

1. Stance: Stance bears a special significance during the play. Many a time, one has to take a stance for a moment, for planning a successful attack and defence. For taking the correct stance one has to stand always extending the legs or spreading out the legs and bending the knee.

2. Catching: The ball must be caught in such way that it remains under one's control. While gripping the ball, spread out the fingers and control the ball by the thumb finger. It is not proper to catch the ball with the thumb.



Catching

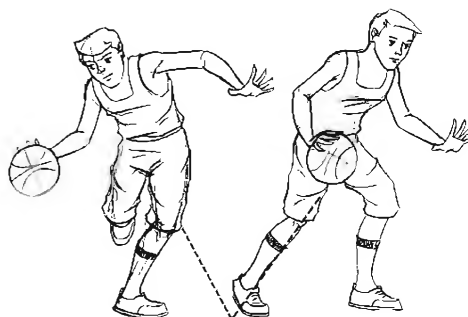


Passing

3. Passing : While passing the ball always remember that the wrist and elbow play more active role than other parts of the body. During passing the ball generally one leg is kept forward and other leg behind. There are different kinds of passes, i.e.

a) Chest pass (b) Underhand pass (c) Bounce pass (d) Over head pass etc. All kinds of passes learn is essential. But chest pass is most important.

- 4. Dribbling:** During dribbling, the ball is pushed with fingers and the fingers are spread out over the ball to a great extent. This technique helps to take control of the major part of the ball. Use of the wrist and finger infallibly makes possible pushing the ball beautifully so that it jumps upward and then catching the ball and keeping it under control becomes easier.



Dribbling

At the time of dribbling keep your body in such way that you can advance to any direction at any time. The head must be kept high and straight. Never keep your eye on the ball rather keep it always in front, so that the players of your own team and opponent team can be clearly observed.

- 5. Pivoting:** When a player stands up with the ball, he may turn his one leg round to any direction as many times according to will keeping the other leg fixed, this is called pivoting.



Pivoting

- 6. Shooting the ball to the basket:** The ball shooting to the basket directly. A score can be made even with the help of the back board. The technique of various types shooting are stated below:



Set shot

(a) Set shot : When shot is taken by standing on the spot it is called set shot. This is to be done by one or both hands. The shooting hand will be from behind and the other hand will be at the side of the ball during a set shot with one hand. The ball is to be pushed by the shooting hand and if that time, the other hand will be off from the ball. Again both the hands will remain behind the ball during a set shot with both hands and the ball will be pushed by both hands. Generally a set shot is taken from a distance of 4 to 8 meters for scoring a goal.

(b) Lay up shot: Normally a lay up shot is taken to score from a short distance. A player moves forward with a fast dribbling and he jumps up with one foot hitting the ground. He tries to take a lay up shot direct to the basket or hitting the board. At this time, the shooting hand will be straight.



Lay up shot

Activity-1 : Show how to use dribbling in basketball.

Activity-2 : Demonstrate the techniques of lay up shot and showing practically.

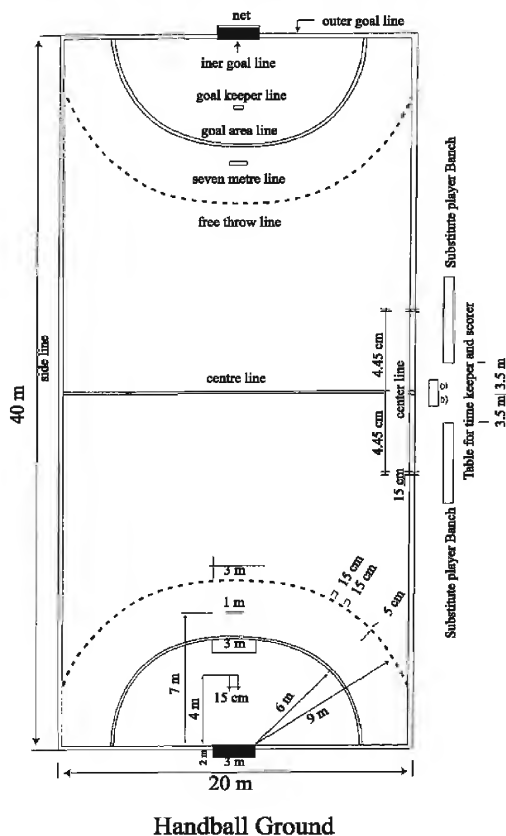
Activity-3 : Show the techniques of chest pass.

Lesson-4: Handball

History : In the opinion of the experts the game of handball was originated in Germany in 1890. The International Handball Federation (IHF) was reformed in 1946. The game of handball was included men in 1972 in Munich Olympics and women in 1976 in Montreal Olympics. Asian Handball Federation was organized in 1974 and handball was included in Asian games in 1982. In 1985 the name has been changed and Bangladesh Handball Federation has been formed. At present time the game of handball is popular game in Bangladesh.

The laws of the game:

1. The handball field is 132 feet (40 m) in length, and 66 feet (20 m) in width. The long line is called side line and wide line is called goal line.
2. Distance between the two goal post is 3 meter. The height of the goal post under the crossbar is 2 meter.
3. A 3 meter line will be drawn in front of goal post parallel to the goal line at a distance of 6 meter. Connecting the 2 arcs drawn at 6 meter radius from the corner of the goal post with the goal line prepares the goal area. Total line is called goal area line. All lines in the field is considered part of the ground.
4. The free throw line will be drawn by long dot (-----) with the same gaps. The line will draw parallel to goal area and 3 meter out side from goal area.
5. A line will be drawn from centre in the goal line 7 meter distance towards the field and parallel to the goal line, length will be 1 meter.
6. A goal keeper line will be drawn from centre in the goal line, apart 4 meter towards the field.



7. The middle line will be drawn at the centre of both side line intersecting each other. The players will keep standing on the shifting line for the benefit of the match.
8. Duration of the games is 25 + 10 + 25 minutes.
9. If the play is drawn in fixed time additional 5 minutes will be played i.e. 5+1+5 minutes. Afterwards the play is drawn, again 5+1+5 minutes play being continuing.
10. There are 12 players in each team. Seven players will play at a time in the court. The game will not start at least 5 players.
11. The play starts with throw off "after starting", or scoring of the goal or break.
12. For conducting the game officials are 2 referee, 1 scorer, and 1 time keeper.
13. The court players-
 - a) Can catch, stop or strike the ball with hand, head, body, thigh and knee.
 - b) Can never hold the ball for more than 3 seconds or advance more than 3 steps.
 - c) If the ball is touched by the part below the knee, to opponent team will get a free throw as penalty.
14. If the ball goes out side of the goal line or touches the hand of goal keeper, the game will be started by corner throw.
15. Opponent team obtains corner throw-
 - a) If goalkeeper broke the rules
 - b) If a player incorrectly transferred.
 - c) If broke the law of goal area by field player.
 - d) If showed illegal behaviour to opponents
 - e) If it is a faulty throw in.
 - f) If any throwing mistakes.
 - g) If faulty throw off
 - h) If any player showed foul behaviour.
 - i) The goal keeper comes out of the goal area after taking the ball into his control
 - j) If the ball back passed near goal keeper in goal area.
16. The opponents get a penalty throw.
 - a) An official or a player obstructs the opponent illegally while creating an opportunity for goal scoring anywhere in the field.

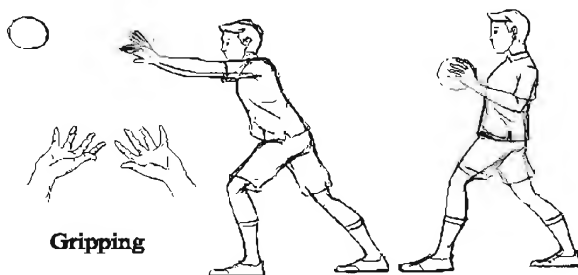
- b) If a sure goal to be wasted by the illegal blowing of whistle.
- c) If a opportunity a sure goal is wasted by the causes of outsiders or any objects.

17. The game will be started by the throw-in, if the ball is crossed the side lines.
18. The goal keeper can play the ball with any part of his body inside the goal area.
19. The goal is scored when the ball crosses the inside goal line completely. The team will score highest number of goals will be the winner.

Tactics : The tactics of handball and basket ball are almost same. But handball has some additional advantages because the ball used for a hand and the ball is lighter and smaller in weight and size in comparison with the basket ball. Beside the rules of hand ball, it is easier and simpler than basket-ball.

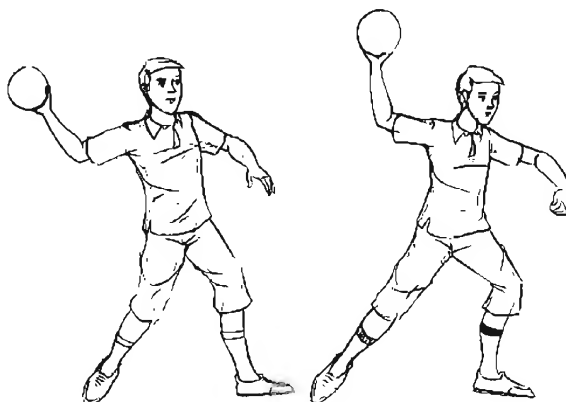
1. **Gripping the ball:** The ball may be gripped in many ways while playing handball-

- a) Holding on the shoulder
- b) Holding by the side
- c) Holding below the waist
- d) Holding above the head
- e) Holding by jumping
- f) Holding the rolling ball.



The ball may be gripped with one or two hands in the above mentioned ways according to situation. While gripping the ball one should spread out his fingers, keep his eyes on the ball, and bending the elbow, pull the ball towards himself to bring it under control.

2. **Passing the ball:** Passing the ball to the players of one's own team is an important tactics. Since the ball is light and small to a great extent it is much convenient to give passes by throwing the ball in one hand. Of course it may be done with two hands according to situation. While throwing the ball with one hand one generally grips the ball with his right hand and



Passing

taking the hand behind the shoulder line and keeping the body weight on left leg throws the ball. The balance of the body is maintained by keeping the left hand in front. Ball passing may be of different types as to pass in line with the shoulder turning the wrist, taking the hand below the waist and from above the head etc.

3. **Throwing the ball to the goal:** One must master the skill of throwing the ball to score a goal in handball. Because the ball is thrown from out side a particular area and the area of the goal is quite small. One must be expert to play hand ball and he must have speed, reflex and flexibility. There are different types of throwing for scoring goals e.g. throwing directly. Throwing by giving passes, throwing by jump, to raise the ball by dropping etc.
4. **Advancing the ball :** One can not go more than three steps with the ball in hand. So to keep it under control the ball must be bounced. In this way the ball may be kept as long as one wishes. Again one can advance with ball by bouncing with one hand. One may advance by bouncing the ball and crossing the opponent.
5. **Obstruct:** When an opponent player is advancing with the ball to score a goal, he should be prevented in such a way that he is unable to pass the ball to his mate or throw the ball to the goal. To do that a player alone or two to three players build a wall by raising their hands or with body to obstruct the opponent.

Activity-1: Show the techniques of throwing the ball to the goal post.

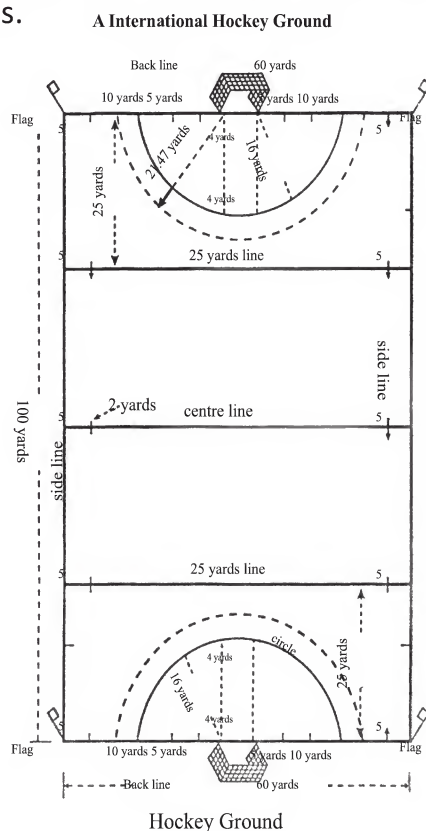
Activity-2: Explain why penalty throw is given?

Lesson-5 : Hockey

History : One kind of game was introduced like Hockey in the country of Persia, as far know two thousand years before Christ. The people of France started the game named Hocket. Hocket means a stick of Shepherd it is a France word. Later on the people of England learns this game from France they started the name of Hocke. According to the English pronunciation this game is spread out whole world in the name of hockey. International Hockey Federation was established in 1924. First olympic hockey for men was included in 1908 and first olympic hockey for woman was included in 1980. First world cup hockey competition was started in 1971. Bangladesh hockey federation was formed in 1972.

Laws of the Game:

1. Length: The ground of hockey 100 yards in length and 60 yards in width.
2. Width: All lines of the ground is 3 inches
3. Line: The bigger lines of the ground is called side line and smaller lines are called back line.
4. **Shooting circle:** A line will be drawn in 4 yards in length parallel to the back line away from the 16 yards in the field. Will be drawn a half circle and be connected those lines in both sides.
5. **Flag post :** A flag post will hoist in each corner in the field. The minimum height of the flag post will be 4 feet and maximum 5 feet.
6. **Goal Post :** The distance between two goal post is 4 yards and the height of the goal post from the ground to under the crossbar is 7 feet. The colour of the cross bar and goal post will be white.
7. **Net :** Net will be connected loosely with crossbar, goal post, side board and backboard.
8. **Ball:** The weight of the ball is 156 gram to 163 gram. The colour of the ball will be white.
9. **Stick :** When stick comes out-easily inside 2 inches radius ring, it will be considered standard stick.



10. Umpire: The game will be conducted by two umpire.

11. Players : There will be 16 players in each team. The eleven players in each team will play during the game. The remaining players will act as additional players.

12. Duration of the game : The games will play two halves. Duration of each half is 35 minutes, Interval 5 to 10 minutes.

13. The start of play: The game is started with centre pass. At the time of centre pass the ball will be played either push or hit .

14. Offside : There is no offside in the game of hockey.

15. Goal keeper: The goal keeper will stop and hold the ball by hand.

16. A player should not do -

- a. The stick will not be lifted intentionally backward during play.
- b. Any part of the stick will not be lifted above the shoulder during play.
- c. The ball will not be hit, hook, charges of the opponent players by the stick.
- d. Nobody will hold the cloth or hand in opponent players.

17. A team will award a free hit-

- a. Attacking players is breaking the rules in opponent 25 yards area.
- b. Defending player is breaking rule unintentionally within 25 yards area in own half.
- c. Any types of infringement occurred within 25 yards area by any players.

18. Process of taking free hit-

- a. Ball must be stationary.
- b. The ball must have push or hit by the free hitter.
- c. The ball will not play upwards intentionally.
- d. Opponents players will stand 5 meter away from the ball.

19. When a team awarding a penalty corner :

Any defending player unintentionally occurred any foul within 25 yards (23 m) area or intentionally out of 25 yards area a penalty corner will be awarded opponent team.

20. Process of taking penalty corner:

Penalty corner is taking the ball on the back line in 10 yards marks. This time other players will take position 5 yards away from the mark. Five defending players will stand on the goal line and backline. Who is taking penalty corner his one leg within the field and other leg will keep on the line.

21. When a team awarding a penalty stroke-

- When a defending player intentionally commits a foul on attacking player to prevent opportunity for scoring a goal within the circle.
- To protect sure goal unintentionally foul by defending players within the circle.
- At the time of penalty corner the defending players before shot comes forward again and again.

22. Process of taking penalty stroke-

Penalty stroke will be taken 7 yards (6.40m) marking spot. All players will take position out side of 25 yards line except goal keeper and penalty striker. The ball will be played from the penalty spot only push, flick or scoop.

Tactics: The following basic techniques in the game of hockey.

- Hitting
- Stopping
- Pushing
- Flick
- Scoop
- Dribbling.

- Straight hit :** The ball put on left side in the body and hit the ball strongly to send directed towards goal it is called straight hit. At the time of hitting will be hold the upper part of the stick by left hand. Right hand will keep below left hand. There will no gap between both hands. Eyes on the ball.



Straight hit 



2. Stopping: To bring the coming ball under full control is called stopping or trapping. Upper part of the stick hold by left hand and middle part of the stick will hold by right hand. The flat part of the stick towards the ball. Leg position will be side by side in separately. The body weight will be on the toes. Eyes will be on the ball.

- 3. Pushing:** Taking time of pushing without sound to contact the stick with ball sends forward by touching the ground and it is called pushing. Time of pushing the upper part of the stick will be held by left hand and middle of the stick hold by right hand. Left leg will be front and right leg behind. The left handers will hold the opposite way.



- 4. Flick:** When a stationary ball or rolling ball push on the knee level height it is called flick.
- 5. Scoop:** When a stationary or speed less ball cross over the head or air by the stick to hit under the ball.
- 6. Dribbling:** Go forward with ball is called dribbling. It is a very effective technique to dodge the player and go forward to the opponent post.

Activity-1 : Demonstrate the techniques of hockey.

Lesson-6: Swimming:

History: The modern developed swimming as we see now a days, has been started first by the English. The word swimming has come from English word swimin. The competitive swimming was started in London in 1937. In olympic, the swimming competition for men was started from 1896 and women from 1912. The International swimming organization FINA (Federation International de Nation Amateur) was formed in 1908. In Bangladesh swimming federation was set up in 1972. The exercise of all the limbs of body is done through swimming. So, swimming is termed as all-round exercise of the body. Everybody should learn swimming in order to get a good health, to save life and for game and enjoyment.

Helping equipments to learn swimming.

The following supporting equipments are generally used to learn swimming:

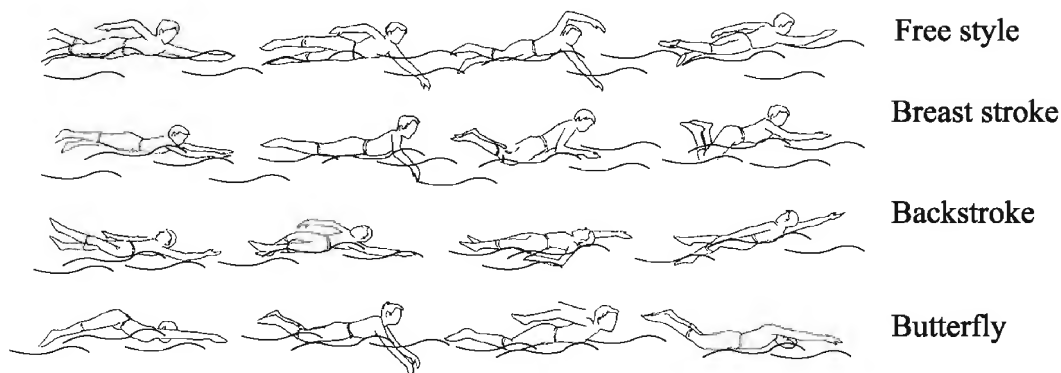
- | | |
|----------------------------------|-------------------------------|
| a. Life buoys for life savings. | b. Rubber tube of motor cars. |
| c. Banana trees. | d. Dry coconuts |
| e. Floating dry wood or bamboos. | |

Pre cautiouns during swimming:

- To make the swimming place safe by removing waste materials and dangerous things.
- To arrange pool with shallow depth.
- To keep an expert swimmer ready beside the pool, so that he can lift anybody by diving.
- To keep the floating material stand by.
- To leave the habit of learning swimming in empty stomach or within one and a half an hour after taking food.
- To keep nearby life board or life jacket ready, if possible.
- To keep nearby long, thick and hard rope or bamboo.
- To examine whether the dress changing room and bathroom are in proper arrangement.
- To arrange spitting outside the pools so that none can spit in the water.

The competition swimming are four types:

1. Free style
2. Back stroke
3. Breast stroke
4. Butterfly



Techniques:

Free style: This style of swimming is also called front crawl or free style. One can swim fast in this style.

Position of the body: The body is to be kept in position parallel to water. The position of the head can be changed from time to time, by raising it above the water and bending the neck in it. Generally the swimming of short distance raise their head a little high above the water. But the swimmers of long and middle distance keep their head a little bit low.



Action of the hands:

1. The hand is to be drawn forward vertically.
2. The hand is to be drawn forward by the sides of the body keeping it parallel to the water.
3. The very moment of hand will touch the water in front of the head at the same time hand will start-functioning inside the water.
4. The hand after entering into the water will draw water and will push it behind. The action of the hand will go on alternatively.

Action of the legs:

1. The work of the legs stands from the waist of the body. The movements of the legs will be up and down alternatively and go forward.
2. The legs should be folded slightly near the knee and the feet will remain straight.
3. The heels of the feet will not go above the water. When the flat surface of the feet will press the water, will go at best 18 inches deep from the water.
4. It should be kept in mind that when the action of two hands will be completed the leg movements will be completed from 6-12 times.

Breathing: At the time of swimming, breathing is done by mouth turning the head above the water, when the hand will be above the water, the head, then will be turned in that side for breathing. The air will be taken in by mouth and it will be realized the head goes under the water. Look at the picture and try to practice breathing with this process.

The rules of free style swimming:

1. The starts of free style swimming on the block.
2. The free style swimming swims in prone position
3. Generally the leg 12-18 inches drawn to under the water
4. Swimmer will not disturb to enter the other line.
5. Will not swim under the water.
6. At the time of turning any part of the body can be touched.
7. Any position of the body will be finished.
8. Action of the hands will be like `S` .

Back Stroke

Position of body: The body is to be kept in the lying position on the water. Generally the head is kept a little inside water. This position makes the whole body parallel to water as if the head is laid on a pillow. The position of the eyes will be on the heels of the legs.

Action of hands: The hands will go into water straight way near the head when the hands will enter the water immediately. In back stroke position of the hand will be one by one. One hand will fall into water while the other hand will go up and again the later hand will remain prepared for falling on the water.



Back Stroke

Action of legs: The action of the legs are like that of the free style swimming usually the action of leg is like kicking a football lying on back.

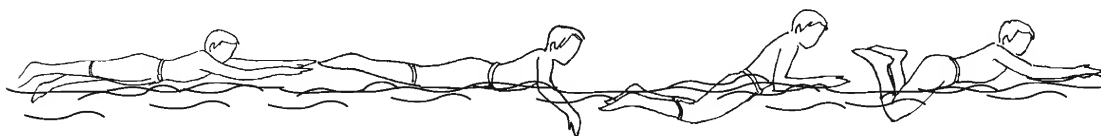
Breathing: Breathing should be taken naturally.

The rules of back stroke swimming:

1. The back stroke swimming starts to hold the handle under the water.
2. Back stroke is swim's dorsal position.
3. Generally the legs goes 18-24 inches under the water.
4. Will not cross the lane during swimming.
5. In back stroke the action of legs will start from the waist.
6. Turning will be finished by any part of the body in backward position.
7. The swimming will be ended by the touches of any part of the body in backward position.

Breast Stroke

Position of body: At the time of swimming in breast stroke style the body is to be kept almost parallel to water. But the back side stays parallel to water and remains ten degree downward.



Breast Stroke

Action of hand: Both the hand will go into water at the same time the palms of the hand will be kept straight way downward and outward. The elbows are to bend to press water downward with the hand and after the hand coming

towards chest, it should be taken forward quickly. The movement of the hand is some what like the figure of the heart. During turning and finishing the wall is to be touched with both hands.

Action of legs: With two legs slightly folded at knees the swimmer is to kick like a frog. The blade of the feet should remain outwardly.

Breathing: Breathing is done by mouth while raising the head slightly upward and forward the air is inhaled and it will be released under the water.

The rules of breast stroke swimming:

1. The swimming will be started after a dive.
2. With the help both hands the swimmer will touch the wall at a time while turning and finishing.
3. The swimmer will remain on body weight on his chest throughout swimming.
4. The swimmer will not enter the lane of other competitor and he will not create any obstruction there.
5. He will not swim under the water.
6. He will not allow to swim raising his leg above and below.
7. He will have to move both his hands and legs at a time and in the some techniques.

Butterfly Swimming

Position of body: In this style swimmer's body is up and down quickly. When the legs are kicked downwards that time the waist comes upward. When the hands ready to pull water, then head and neck goes under water, after pulling the water neck and hand again float over water. Hands will be spread out at a time and legs must be together takes breathing when head is above the water.



Butterfly Swimming

Action of hand: Action of hand in butterfly swimming will be ended

togetherly. Hand movements will not go front and behind either under water or over water. Elbow slightly bends and hands will go forward over water and comes down and outward by pressing water. Hands must be straight parallel to the head. Hands will be rounded both sides of the body and to bring under the chest. Hands must be pulled under water at the level of waist.

Action of legs: The position of the legs in butterfly swimming will be like dolphin fish, legs must be the up and down at a time and always will act togetherly. Two legs will be togetherly straight in lying position of the body. The legs will be forwarded like a wave of bridge on the shoulders at the time of moving forward.

Breathing: The movement of the breathing is to be done front and sideways in butterfly swimming but the world famous swimmer's by heading take breath in front. Breathing is done by mouth while raising the head upwards. That is an easy process. At the time of breathing, neck will be flexible.

The rules of Butterfly swimming.

1. The butterfly swimming is started by dive on the block.
2. This swimming depends on the chest.
3. Will not change the lane.
4. The kick will be taken on toes.
5. Don't breathing in every stroke.
6. Hands may be behind on the waist
7. At the time of turning the wall will be touched by both hands at a time.
8. End line must be touched by both hands at a time.

Medley relay: The medley relay swimming is of two types- a) Individual medley b) Team medley

In individual medley, one swimmer has to swim the distance in four styles. The name of the styles are given below from first to last.

Butterfly swimming → Back stroke swimming → Breast stroke swimming → Free style swimming

In group medley there are four swimmers swims in particular distance. The names of the styles are given below serially.

Back stroke swimming → Breast stroke swimming → Butterfly swimming → Free style swimming

To become proficient in different styles of swimming both boys and girls are

to remember the following points.

1. In each style of swimming the movement of hand and feet, breathing and co-ordination of these must be practiced thoroughly.
2. In each style practice of the action of hands or legs should be done in order to increase the strength of the hands and legs and skill is to be acquired accordingly.

Activity-1: Mention the technique of free style swimming and show it into the water.

Activity-2: Show how breast stroke swimming is performed into water.

Activity-3: Explain the technique of butterfly swimming and exhibit it into the water.

N. B. If there is no pond in any school, swimming will be demonstrated lying a low bench.

Lesson-7: Athletics

History: There are many types of games in the world, within these running, jumping and throwing are the most ancient. In the primitive age, the peoples for saving their life they had to run, cross the obstruct by jump, wound the opponents or enemies by throwing. Later on the gradual development of civilization of the people the running, jumping and throwing has changed into new form named sports. It has bounded by rules and regulations. Now running, jumping and throwing is called athletics. In the name of mountains of Olympia and is the honour of god of jeux athletics is now considered as olympic competition. First Olympic competition was held in Greece in 776 before Christ. The modern Olympic competition again was organized by the king of Greece in 1896. International Amateur Athletics Federation (I.A.A.F) was formed in 1912. Bangladesh Amateur Athletics Federation was organized in 1972.

The rules of Athletics

Atheletics can be divided in two parts -

- a. Track event
- b. Field event
- a. Track event means all kinds of running events and walking events.
- b. Field event means all kinds of jumping events and throwing events.

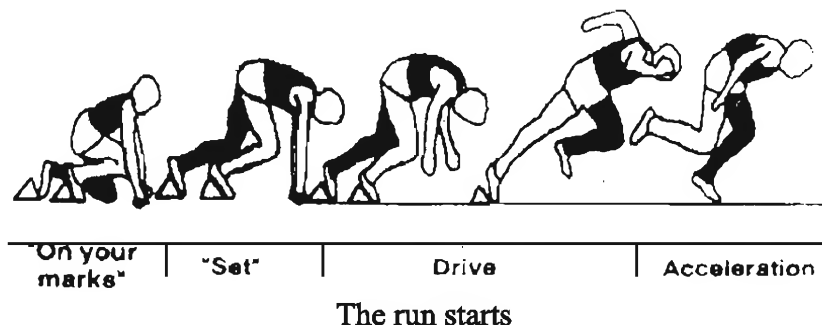
A. Track event is divided into following parts.

1. Short distance run it is called sprint.
 2. Middle distance run
 3. Long distance run
1. **Short distance runs are:** 100 meter sprints, 200 meter sprints, 400 meter sprints, 100 meter hurdle (women) 110 meter hurdle (mens), 4×100 meter relay, 400 meter hurdles.
 2. **Middle distance runs are:** 800meter run, 1500 meter run, 4×400 meter relay.
 3. **Long distance runs are:** 3000 meter steeple Chase (men), 5000 meter run, 10,000 meter run, marathon run, 20 kilometer walking, 50 kilometer walking (men).

B. Field events: The events of jumping and throwing are called field events.

1. Jumping events: Long jump, High jump, Hop step jump, and pole vault.
2. Field events are: Throwing the shot, throwing the discus, throwing the javelin and throwing the hammer.

The run starts: Who gives signal for starting the running events he is called a starter. At the time of starting of sprint event the starter will say, On your marks, set, whistle or fire . In the middle distance and long distance running events the starter will say "on your marks ,fired." No competitor will have false start if he takes he will be disqualified.

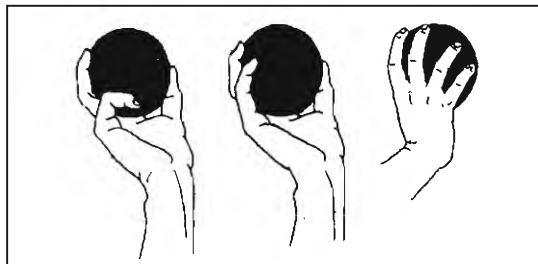


Finish of the run: All runs will be finished in same line. The winner will be decided according to the touching of 'Torso' to the last line. From navel to throat this area is called "Torso".

Activity-1 : Exercise some track enents in the school field.

Lesson -8 : Shot put, Discus and Javeline throw.

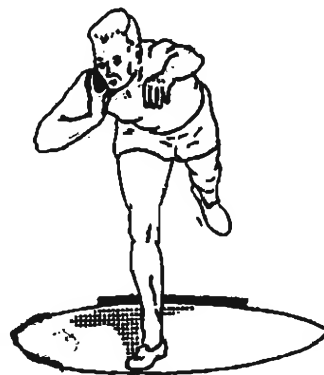
Throwing the shot: If the competitor are 8 or less all competitor will get 6 chances. If the competitor are more than eight in that case every competitor, will get 3 chances. After 3 chances best of 8 thrower will get 3 more throwing. This rule will be applicable for throwing and jumping events only. Precautionary measures should be maintained to avoid accident in every respect.



Catching the shot put

Techniques of holding the shot put :

- Shot will be kept on palm in the opposite hand.
- Shot will be held by throwing hand.
- Shot will be held on touch by finger's base at the time of holding.
- At the time of throwing support will be on thumb and little finger and strength will remain on other three fingers.



Throwing the shot put

A thrower will lose a chance, if-

- He will take step from outside of the circle and throwing within the circle.
- If the shot is fallen on the sector line or outside the line.
- At the time of throwing if thrower touches the outside land of the circle.
- To touch the thrower upper part of stop board.
- After throwing, if the thrower comes back front side of the circle.
- If the thrower will not be thrown within 60 seconds when his name is called.

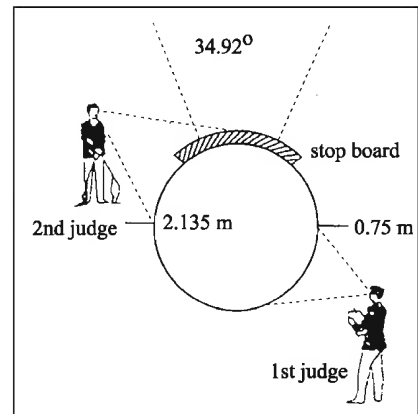
Circle of shot put: Diameter of the inner edge of circle is 2.135 m, parallel of the midline will be extended up to 0.75 m in both side. Angle is 34.92 degree. Inside of the circle will be unleveled, so competitor will get advantages at the time of turning.

Stop board: There will be a wooden stop board for throwing the shot.

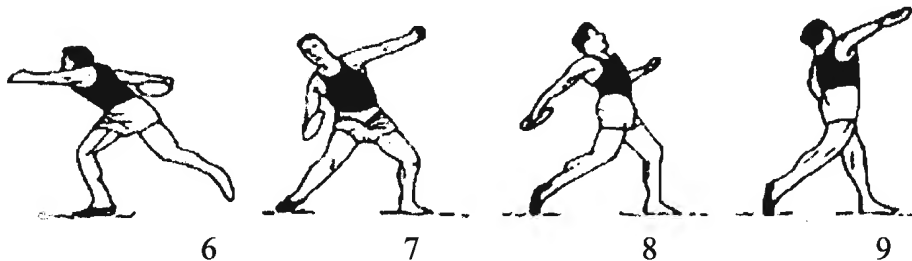
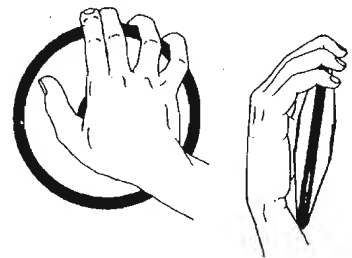
Throwing of discus:

Method of holding the discus:

- Discus will be hold first by opposite hand.
- Upper part of the discus will be plain.
- The discus will be encircled by the first base of three fingers in throwing hand.
- The fingers will be kept spacious.



Circle of shot put

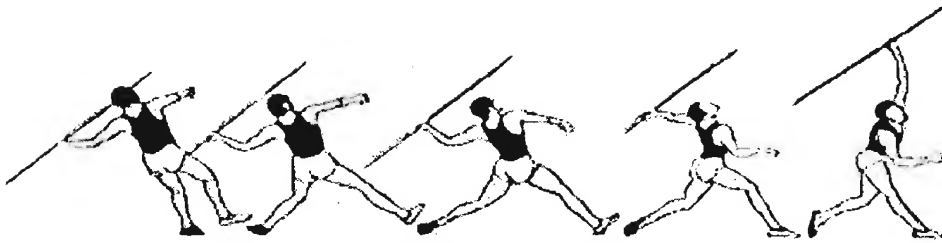


Throwing the discus

When a throw is counted as disqualified

- When the discus is fallen on the line or outside the line.
- Thrower touches outside land of circle.
- After throwing if thrower comes out from the front side of the circle.
- Thrower touches the upper part of the iron ring.
- Throwing must be within the circle.
- Throwing must be completed within 60 seconds when name is called.

Throwing of Javeline: The javeline must be thrown over the shoulder by hand. The thrower after release the javeline he will turn his body towards behind within the throwing area while the javeline not touches the ground, still the thrower will not leave the runway.



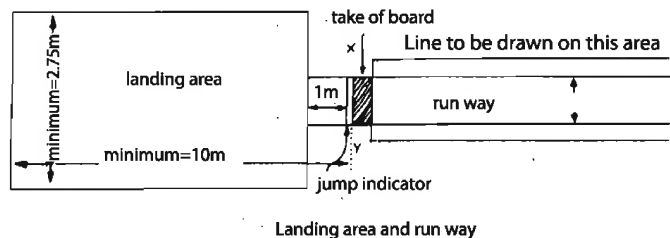
Throwing of javeline

When a throw is counted as unsuccessful.

- Javeline is fallen on the line or outside the line.
- The head of the javeline will not touch first.
- At the time of throwing to touch the arc line.
- To touch the outside land of demarcated area of run way.
- After throwing to cross the extended area of arc line.
- After calling the name to fail throw within 60 seconds.

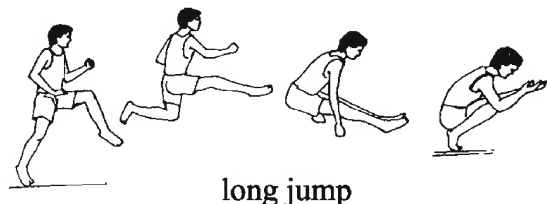
Lesson-9: Long jump and High jump

Long jump: When more than eight competitors participate in the competition all players will get 3 jumps. Best eight will be taken again 3 more jumps. If the eight or less competitors to participate a competition all competitors will get 6 jumps.



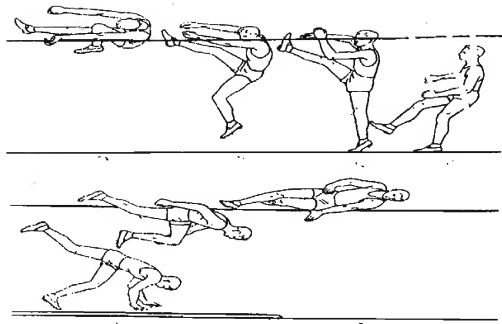
When a competitor lost his chance in long jump.

- The competitor will touch the land in front of take off board
- When a competitor jumps outside of take off board.
- Touches the ground outside landing area before landing.
- After jumping walks behind.
- At the time of jump competitor take off in two legs or somersault.
- To fail jumping within 60 seconds after calling his name.



long jump

High jump: The height of jump will be known to the competitor before starting the high jump. How much height will be increased it will be declared after the end of the round. The cross bar will be increased 2 centimeters end of the round. The competitor must be take off in one leg. If a competitor fails consecutively 3 times he will not take the chance in next height (It will exception about 1st place deciding jump).



High jump

When a competitor lose his chances in high jump

- a. To fail the jump within 60 seconds after calling the name.
- b. The crossbar fallen in at the time high jump.
- c. When a competitor goes under the crossbar without jump.
- d. If the body of competitor goes out of two stands.

Tie: Tie means equal or draw. When competitors pass the same heights & same distance tie occurs, Tie break only for 1st place. 2nd and 3rd place will be declared jointly.

The rules of tie breaking:

- a. Who will cross the height in lowest jump in tie height he will be winner.
- b. If tie does not break the mentioned rules whose cross is less from 1st to last jump he will be the first.

The tie is not broken apply this first and second rule the height of the crossbar will be increased or decreased for jump. Who is passed the mentioned height he will be the winner here the competitor will get only one chance of the height.

The tie breaking rules of distance:

1. 1st will count 2nd highest distance in total jump.
2. If tie is not broken we will count third highest jump in total jump (gradually will count this way). Draw a graph in the following-

Competitor	Height						Place
	1st Jump	2nd Jump	3rd Jump	4th Jump	5th Jump	6th Jump	
A	7.02	7.15	–	7.10	7.35	7.40	3rd
B	6.10	6.50	6.60	7.05	7.10	7.12	4th
C	7.50	–	–	7.45	7.55	7.60	1st
D	–	7.30	7.40	7.60	–	7.50	2nd

We see, C & D both has crossed the 7.60m distance. According to the rules we will see the 2nd highest distance. 2nd highest distance C is 7.55m and D is 7.50m distance has crossed. So C will be first, D will be 2nd and A will be 3rd. Tie breaking rules of tie is same as in long jump, hop step and jump, shot put, hammer, discus and throwing the javeline .

Activity-1: Demonstrate the technique of holding the shot.

Activity-2: Explain for what reason a competitor lost a chance in long jump

Exercise

Multiple choice question

1. Which game is violation involved with ?

- a. volleyball
- b. basketball
- c. handball
- d. football

2. Which game has lay up shot ?

- a. volleyball
- b. basketball
- c. handball
- d. football

3. Which should touch the finishing live in respect race ?

- a. hand
- b. leg
- c. torso
- d. forehead

4. What is the name of the international organization of swimming -

- a. FIFA
- b. FINA
- c. BHF
- d. IHF

5. Which swimming's handwork in like English letter 'S' –

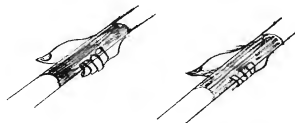
- a. free style
- b. back stroke
- c. butterfly
- d. breast stroke

6. A competitor will lose his/her opportunity in throwing of shot put if -
- by touching the upper part of stop board
 - if comes out through the front side of the circle
 - not throwing shot put within 60 seconds

Which one of the following is correct ?

- a. i and ii b. ii and iii c. ii and iii d. i, ii and iii

Observe the following picture and answer question no 7 and 8

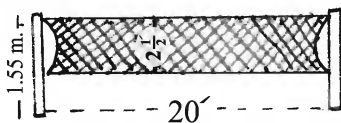


7. Which game does the picture above indicate?
- a. javeline b. shotput c. pole vault d. triple jump
8. The reason of failure of the above game of competitor is -
- touching or going over the sector line
 - touching the arc line
 - touching the land outside the certain line of ran way

Which one of the following is correct ?

- a. i and ii b. i and iii c. ii and iii d. i, ii and iii

Observe the following figure and answer question no 9 and 10



- 9 . Which game is the figure above involved with?

- a. lawn tennis c. badminton
b. table tennis d. volleyball

10. To be sufficient in that game, one needs -

- flexibility of hand
- proper gripping
- good foot work

Which one of the following is correct?

- a. i and ii c. ii and iii
b. i and iii d. i, ii and iii

Read the following stem and answer question 11 and 12

A, B and C are the shapes of three types of sports field

A Length-132 feet width - 66 feet	B length - 44 feet width - 17 feet	C length - 44 feet width - 20 feet
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11. Which sports does A marked figure indicate ?

- a. badminton c. handball
- b. basketball d. hockey

12. Which of the following techniques is applicable for both B and C sports field ?

- a. dribbling c. lay up shot
- b. smash d. service

Read the following stem and answer question 13 and 14

Type of games	Number of listed player	Number of player participated
A	12	5
B	12	7

13. Which sports is indicated in figure 'B' ?

- a. badminton b. basketball
- c. handball d. hockey

14. Which technique is applied in both the games ?

- a. smash b. lay up shot c. service d. dribbling

Short Answer Question:

- Necessary infrastructural advantage can grow a student as a good citizen - Explain.
- To know how to swim is essential for the protection of life - Explain.
- There is no exception of mastering stopping and dribbling to be a good hockey player.
- Fast moving footwork is the precondition to be a good badminton player - Explain.
- One has to know about violation to play basketball - give your opinion.
- False start makes a sports participator unfit - Explain.

The end

2018

Academic Year

8-Physical

শিক্ষাই দেশকে দারিদ্র্যমুক্ত করতে পারে

– মাননীয় প্রধানমন্ত্রী শেখ হাসিনা

শিক্ষার কোনো বয়স নেই

নারী ও শিশু নির্যাতনের ঘটনা ঘটলে প্রতিকার ও প্রতিরোধের জন্য ন্যাশনাল হেল্পলাইন সেন্টারে
১০৯ নম্বর-এ (টোল ফ্রি, ২৪ ঘণ্টা সার্ভিস) ফোন করুন



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